

# TIMES .10

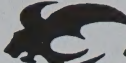
YOUR MAGAZINE of CHOICE

VOL 2 NUMBER 2  
FEB/MARCH 1995



# The **No Name** **Fund Raiser**

Presented by

LYON'S  EMPIRE

AND

TIMES 10 MAGAZINE

with

M.C. Twigg

Featuring

Edmonton Vocal Minority

Northern Chaps

The Court (I.S.C.W.R.)

Our Village People

D. J. Joy

Plus

A Fashion Show with Beautiful People  
An Auction for a Painting by Willie Wong  
A Cut-A-Thon with Edmonton's Best  
Raffles, Free Appetizers

Starting at 7:00 PM (Door open at 4)

**Sunday, February 19th, 1995**  
**at Boots & Saddle**

10242 - 106 Street

**All Proceeds Will Go To The**  
**Ross Armstrong Emergency Fund**

Boots & Saddle is a Private Club for Members and Guests  
Special "Guest" passes will be issued by Community Groups and Businesses  
No Cover Charge for Members or persons with Special "Guest Passes"

# **TIMES .10**

## **YOUR MAGAZINE of CHOICE**

Vol. 2 Number2  
February /March 1995

From the Editor.....	2
News From the Battlefield.....	3
Right Behaviour: Robert Marks.....	4
Beginning Again: Councillor Micheal Phair.....	6
Advantages (Part II): Dr. Lorne Warneke.....	8
Destination Palm Springs by Freddie Marsh.....	10
Horoscopes: David Michael.....	12
Wow, I'm Back Part II by Jim Brown.....	14
HIV/AIDS in your Workplace.....	16
RÉFÉRENDUM: Par Alain Bouchard.....	18
Letters.....	20
Our Groups and Services.....	22
Sound Bites: Gib Adams.....	24
What is a Bear?: Steve Heyl.....	26
GMOC Update: Mark Bilko.....	32
Computing with an Attitude: J Long.....	33
Endangered Species: Josef Berg.....	38
Market Place.....	42
Letters I've Written.....	44

TIMES .10 is published six times a year by the TIMES .10 Publications Society, Box 932, Edmonton, Alberta T5J 2L8, (403) 431-1333. The views and opinions found in this publication are not necessarily those of the Society or the Advertisers.



## From the Editor

There are so many things going on over the next two months in Edmonton that you will need to set up your daily schedules carefully. Most of the community groups are in the process of going into fund raising mode. We live in a strange world when it comes to fund-raising. Most of the HIV/AIDS cases are gay in Alberta. Funds such as the Ross Armstrong Fund were set up to assist people who are experiencing financial hardship. The amount of money in this fund is given solely through funds raised by members of the gay community. The government (all levels) do not contribute to this fund. So it is up to people within our own community to keep the Ross Armstrong Fund funded. The AIDS Network of Edmonton will also be raising funds this month via the Black and White Evening. Money for this fundraiser will be used to provide care and support as well as preventive education programs. It is important for all of us to support these efforts.

Some of the other community groups are seeking support via your participation. So if you are sitting at home wondering how to meet some new people this is an opportunity to do so. If you are currently in a relationship in which you have taken a hostage and not a lover, this would be a good time to get out and find out what other people are doing. You will be surprised to find that

other people have many your same interests. Our community groups cover everything from recreational to spiritual needs for the individual. You are not alone, unless of course that is what you have chosen to do. It makes our community stronger when more people are willing to come out and make the different groups successful.

In our last issue a commentary related the power of our "gay" dollars. We can show our dollars by supporting the groups, services and businesses within our city. If you have not checked around lately there are many new gay owned and operated businesses. Many of these businesses employ gays, so you are offering your support in two ways. Gay people know the power of discrimination and have lost jobs through this form of cowardice in Alberta. You can do a lot by spending your money in gay owned and operated establishments. Many of them are supportive of Times .10 and willing enough to put their names in this magazine. Please support them!

We do like to hear from you between issues of this magazine. If you have articles, stories, artwork that you would like to have published contact us. Your feedback is always welcome.

## TIMES .10

**Managing Editor**  
Dennis Cambly

**Advertising Manager**  
Kevin Hendricks

**Cover Photo**  
Courtesy Vivid Studio

### Contributors and Inspiration

Ron, John, David, Neil,  
Rob, Mike, Walter,  
Dwight, Harry, Murray,  
Blaine, Jim, Lorne, Tony,  
Steve, Austin, Stephen,  
Conrad, Michael, Yves,  
Len, Michel, Councillor  
Michael Phair, Gib,  
Blair, Mikee, David,  
John, Joe, Twiggy,  
our

Advertisers, Readers and  
many other members of the  
our groups and organizations

### News on HIV/AIDS

The Centers for Disease Control and Prevention (CDC) National AIDS Clearinghouse makes available this information as a public service only. Providing this information does not constitute endorsement by the CDC, the CDC Clearinghouse, or any other organization. Reproduction of this text is encouraged; however, copies may not be sold, and the CDC Clearinghouse should be cited as the source of this information. Copyright 1993, Information, Inc., Bethesda, MD



"Long-Term Survivors May Hold Key Clues to Puzzle of AIDS" New York Times P. C1; Altman, Lawrence K. Increasingly, researchers are looking to long-term survivors of HIV in hopes of finding a key to the puzzle. If such people differ in some way—either in their immune systems or in the variety of infecting virus, for example—the knowledge could lead to improved treatments or even a successful vaccine. A key question is how a small percentage of HIV-positive people remain healthy for so long, while the majority develop AIDS within a decade after infection. Up to 10 percent of the HIV-infected are non-progressors—those who are infected with HIV for 10 years or more without progressing to AIDS, while their immune systems shows little or no evidence of damage. Studies are beginning to show that long-term survivors are a diverse group with no single biological factor explaining why they have a more favorable course than others. The method of HIV transmission does not appear to be a factor. Virologist Dr. Ronald C. Desrosiers theorizes that most long-term non-progressors have some kind of mutant HIV. He has developed an experimental vaccine against SIV, purposely deleting one of the virus' nine genes in the laboratory. The vaccine has protected monkeys against SIV for more than three years

"Cold Reality" St. Louis Post-Dispatch P. 1E; Krouse, Karen Last month, 25-year-old Nicole Lesh, veteran of such figure-skating productions as "Snoopy's Nutcracker on Ice" at Knott's Berry Farm, became the first female professional athlete to publicly reveal that she is HIV-positive. "My whole objective was to show people what it's like to live with HIV," said Lesh, who skated her program with a red silk ribbon tied around her waist, symbolic of her tainted blood. Lesh believes she became infected through unprotected sex with a boyfriend, who she later discovered dealt heroin, and may have used the drug. She said she was not sure whether she wanted to broadcast her past because she feared society would judge her more harshly than if she had come by the virus blamelessly.

# News From the Battlefront



## "Pilot AIDS Study to Be Conducted in South Florida..."

Business Wire Advanced Viral Research Corp. announced on Tuesday that its product Reticulose will be used in a pilot study conducted by a physician in a South Florida hospital and AIDS research center. One part of the study will measure the effects of Reticulose on the viral load within the cells of HIV patients during treatment. Reticulose, a non-toxic anti-viral peptide nucleic acid solution, is believed to be safe and effective against a variety of viral diseases.

## "AIDS in India" Village Voice Vol. 40, No. 3, P. 31; Mehta, Suketu

India, with a population of 850 million, has approximately 1.62 million cases of HIV and 20,000 cases of full-blown AIDS, according to the World Health Organization. A widespread perception in India, however, is that AIDS is a "foreigners' disease," or one that only affects the socially unacceptable. At least one top government official has urged banning sex with foreigners. The National AIDS Control Organization has no shortage of resources to fight the disease, but a lack of political backing has hampered the agency's attempts to implement its action plans. The publicity about AIDS has scared people away from donating blood; as a result, the available blood supply has dropped by as much as 50 percent. Groups such as hemophiliacs, prostitutes, and truck drivers have high rates of HIV-infection. It is estimated that 50 percent of the prostitutes in Bombay and 10 percent of the approximately 5 million truck drivers in the country are HIV-infected.



"Russia May Require HIV Tests for Visitors" USA Today P. 4D; Sloan, Gene

In addition to the \$20 fee that U.S. citizens will have to pay in order obtain a visa to go to Russia, the country is considering whether to test all incoming visitors for HIV. Those who test positive would be immediately deported. The proposed law has been approved by one house of the Russian parliament, but still needs approval from the other house and from President Yeltsin. Currently, 42 countries require HIV tests for at least some types of visitors, although most of the requirements only apply to visitors seeking work or arriving for extended stays.

#### "Studies in Subjects with Long-Term Nonprogressive Human Immunodeficiency Virus Infection"

Pantaleo et al. compared 15 subjects with long-term nonprogressive HIV infection—defined by seven or more years of documented HIV infection, with more than 600 CD4 T cells per cubic millimeter, no antiretroviral therapy, and no HIV-related disease—and 18 people with progressive HIV disease. Lymph nodes from the nonprogressors had significantly fewer of the hyperplastic features, and none of the involuted features, characteristic of nodes from subjects with progressive disease. While HIV could not be isolated from the plasma of the nonprogressors—who also had higher titers of neutralizing antibodies than those with progressive disease—there was viral replication. HIV-specific cytotoxic activity was found in all seven persons with nonprogressive infection who were tested. The researchers concluded that although the viral load is low in HIV-infected persons who remain disease-free for many years, viral replication persists. Their lymph-node architecture and immune function appear to stay intact.

#### "Health-Conscious Latinos Tune in to Voice of Authority" Washington Post—Montgomery Weekly P. Md.1;

Constable, Pamela Elmer Huerta is easily the best-known and most trusted Latino physician in the Washington, D.C., metropolitan area. A full-time physician specializing in cancer prevention at the Washington Hospital Center, Huerta is the host of the weekly radio show, "Cuidando su Salud," or "Taking Care of Your Health," on Radio Borinquen in Laurel, Md. Officials at Borinquen estimate that 180,000 people listen in to Huerta's daily messages. Huerta's health spots deal with topics ranging from proper condom use to avoiding miracle-cure quacks. One spot on AIDS prevention featured a popular song with a woman insisting that her reluctant date "put on his sombrero." Last July, Huerta was hired by the Washington Cancer Institute to run its new screening clinic for Latinos.

## AIDS Information Centre

VA Medical Centre, San

Francisco ; Safer Sex

EDITORIAL: RIGHT BEHAVIOR

Robert Marks, Editor

In the HIV community, the word "relapse" has taken on almost mythic proportions. In the wake of dramatic changes in sexual behavior among gay men, HIV prevention efforts were held up to the world as a model. Relapse was the David that tarnished this Goliath achievement, proving that our declarations of victory were premature.

Both beliefs—that behavior change succeeds or fails—are oversimplifications. Behavior change is a process, not an attribute that one acquires, not a vaccine that once injected protects for life. In this issue of FOCUS, David Silven's examination of four behavior change theories demonstrates the complexity of this process and the variety of factors called into play each time an individual makes a decision about behavior. Wayne Blankenship's survey of relapse programs shows how educators have begun to respond to this complexity.

As much as we hope that the behavior process can be facilitated by the programs Blankenship covers, it is clear that the central arena in which the struggle plays out is in the minds of individuals. And these minds are not as easily manipulated to change sexual practices as they seem to be to change breakfast cereal or soft drink.

Defined more by individual than by cultural or societal perceptions about sex, intimacy, risk, and the value and struggle of life, the response to behavior change interventions is far more complicated than it might first appear. "Relapse" is an indication not of the failure of HIV prevention, but of the importance of counseling approaches that respond to these individual perceptions.

Given the complexity of these factors, the hardest part of the counseling effort is that it must go beyond the assumption that everyone will, or should, embrace life. Success for the therapist is not in



detering relapse but in enabling clients to consider these issues so that they may come to their own prevention-positive conclusions.

## BEHAVIORAL THEORIES AND RELAPSE

by David Silven, Ph.D.

At a recent discussion of health educators about relapse into unsafe sex among gay and bisexual men, a participant suggested that theory-based principles of behavior change be used as guides to develop relapse prevention interventions. Other participants responded with skepticism; the majority seemed to agree that theory should remain in the classroom.

What use, if any, does theory have in the critical area of sexual relapse prevention? To address this question, this article summarizes four basic behavior theories—The Health Belief Model, Social Cognitive Theory, Stages of Change, and Marlatt's Relapse Prevention Model—and examines the applicability of these theories in planning prevention interventions.

## The Health Belief Model

The Health Belief Model grew out of research in the 1950s and 1960s—by Irving Rosenstock and colleagues at the United States Public Health Service—that investigated the widespread failure of people to take preventive health measures such as annual physical checkups, and screening tests for tuberculosis and dental disease. The model postulates that individuals will take preventative actions when they:

- believe that they are susceptible to a disease that would have at least moderately severe negative consequences;

- believe that taking such actions will be beneficial in reducing the threat of the disease and that this benefit will sufficiently outweigh the costs, such as the inconvenience and effort

(Cont'd on page 28)

## Somewhere **HOT** to **TROT**



### Dear Times .10 Reader:

As an avid traveller and a member of Edmonton's gay community, I would like to take this opportunity to offer my professional services to you.

When you're planning your next vacation give me a call; I can help you create the perfect holiday. Palm Springs, San Francisco, Key West, New York, Europe, or Toronto can be yours.

Information on local gay restaurants, hotels, and clubs is available when you book your trip.

Hope to hear from you soon!

*Freddie*

P.S. Ask to receive our newsletter when your call!

 **Marlin Travel**

Westmount Shopping Centre #1029 - 111th Ave. and Groat Road

### For More Information Contact:

**Freddie Marsh**

**Phone: 452-7171**

**Fax: 452-7175**



# BEGINNING AGAIN - YOUTH IN OUR COMMUNITY

by Councillor Michael Phair

"Youth violent crime increases"...."Youth of different ethnic groups fight on school grounds"...."City youth form first city-wide Youth Advisory Council" "Youth in Strathcona sponsor youth tent at the Fringe - for and by youth".

Although many notions about young people in Edmonton come to my mind as I reviewed the last year, I can remember hearing very little about gay and lesbian youth. I began to wonder why this was the case - had lesbian and gay youth disappeared in Edmonton? Did we have none in the city? Perhaps those of us who are no longer teenagers do not notice or come across young people who are lesbian or gay?

Of course I knew that gay and lesbian youth were out there and I thought back to the early 80's. I remembered that GATE (Gay Alliance Towards Equality) led by Walter Cavalieri had an established gay and lesbian youth group. These young people met as a peer group to discuss issues, chat, laugh and meet with other lesbians and gay men. Guidelines were set up to ensure confidentiality, establish the criteria, training and age for the leaders, and find "safe" environments where the group could meet.

Over the years the fortunes of the group have risen and fallen in relation to securing and keeping good leaders - and it seems like a roller coaster! For example during 1993, I understand that nearly 400 young people had contact with GLCCE (Gay and Lesbian Community Centre of Edmonton) and the youth group, then in 1994 the group nearly disappeared!

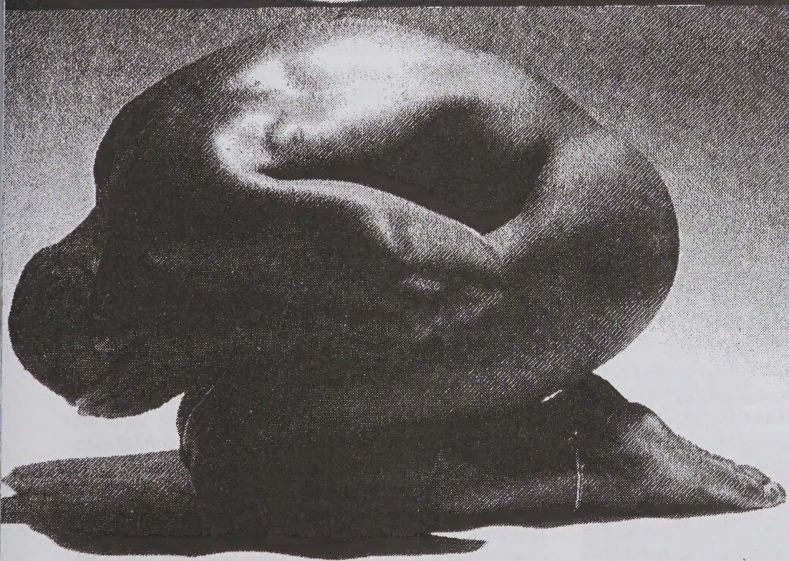
After my participation at the Fringe with the Youth Tent, many of my friends began to ask me about Edmonton's lesbian and gay

youth - did I know what was happening? It was soon clear that the group was floundering and that among a number of lesbians and gay men there was an interest in trying to help. Gord Robinson, a Grant MacEwan social work student doing his placement in my office (and a youth worker by profession), began to do some work to find out what groups/programs for lesbian and gay youth existed in other Canadian cities. He gathered information from Toronto, Vancouver, Winnipeg and Coquitlam - and the information on youth groups elsewhere was valuable, diverse and exciting.

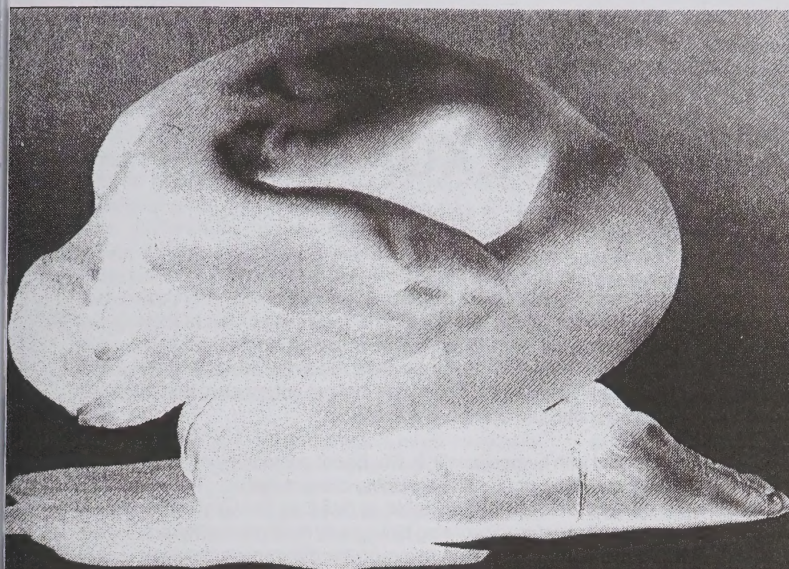
It seemed that the time to take action had arrived so over the next six weeks I called and met with gay men and lesbians who work with young people, and persuaded them that we needed to put our energies together to find ways to support our community's youth. On November 1, 1994 at City Hall we had an initial meeting - Greg, Ken, Janet, Jerret, Keith, David, John, Scott, Bev, Gord and myself. On November 14 our second meeting was joined by another 12 people, including 4 young people. Additional volunteers attended the January meeting. This Youth Co-ordinating Committee, as we call ourselves, has lots to do. However decisions have been reached and I think we can expect to see a new organization for bisexual, lesbian and gay youth, more programs and activities, and promotion of the group throughout our community and the larger Edmonton community over the next year.

Maybe you are interested in assisting? Additional people are welcomed. Please call my office @ 496-8146 and ask for Gord, Lorna or me and we will get you involved! Perhaps next year the headlines will read, "Gay, bisexual and lesbian teens thrilled with support of Youth Group" and "Edmontonians pleased by success of group for lesbian, bisexual and gay youth!"





POSITIVE



NEGATIVE

I AM THE SAME PERSON

Living Positive

Support and Information  
for people infected and affected  
by HIV. Phone (403) 488-5768

This Message sponsored by REBAR 10551 - Whyte



# ARE THERE ADVANTAGES TO BEING HOMOSEXUAL?

Lorne Warneke, M.D.

## Part Two

In the previous article, advantages to being homosexual was explored from an evolutionary or survival of the species point of view. As homosexuality appears to be an enduring characteristic of the human species, it must provide a biological advantage. The advantage may be that an individual without the desire to reproduce, ensures the survival of his or her genetic characteristics by playing a role in the raising of their nieces and nephews. The advantage to homosexuality may be with the genes that not only control sexual orientation but also control other characteristics or traits conducive to survival.

What are the traits that seem to be associated with homosexuality? Studies of personality makeup of homosexual males has demonstrated clearly that there are no distinguishing characteristics. That is, contrary to the mistaken belief that homosexuals are 'neurotic' and unstable, in fact they are no different from heterosexual males in terms of emotional stability. Before discussing biologically controlled attributes that distinguish homosexuals, a brief discussion is necessary about some of the differences between heterosexual males and females.

The brain is a complicated organ of six billion neurons with many specialized areas of function. Generally speaking, the brain can be divided into right and left hemispheres each with unique functions, although there is a very extensive connecting system that allows the hemispheres to "talk to each other", integrating the activity of both. The left hemisphere or left brain is referred to as the dominant hemisphere, that is, it controls handiness as well as other very important functions such as language, speech, integrative thought and complex memory, that distinguishes humans from other mammals including primates. Because of a unique characteristic of the brain which involves cross-over of major connections, the left brain being dominant in most individuals means the right hand, foot and eye, are also dominant or preferred in most activities. The right hemisphere or right brain controls visual and spatial functions such as the manipulation of tools, reading maps, orienteering and so on. Because of the cross-over phenomenon, the left hand, foot and eye are non-dominant. About 10-12% of the population are left handed meaning that the brain has been reorganised with reversed or mixed dominance (the right brain instead of left is more involved with language functions).

Extensive studies over the years in the area of neuropsychology have demonstrated that females as a group are very much "left brain" with strengths in the

area of language functions. The average female brain seems overall to be less specialized so that some control of language function also rests in the right hemisphere and there is a greater number of connections between the right and left side, meaning overall a much more efficient brain. (Sorry, guys!) The average male brain, although proportionately larger, is highly specialized with less interconnecting pathways, and the average male is very 'right brained' with strengths in the area of visual-spatial activity, but less efficient overall. It needs to be emphasized that this is a comment on the average male or female. There are, of course, many females who can outdo males on visual-spatial tasks and many males who excel more than females in language abilities.

Testosterone, the male hormone, plays an important role in brain development in the fetus. Specific genes called Testes Determining Factor allow the growth of male sex organs in a fetus which in turn produce testosterone. The presence of testosterone at critical periods allow the development in a male fetus of appropriate physical characteristics, gender (awareness of being male) and also may play a role in the development of sexual orientation. The presence of testosterone also 'masculinizes' the brain-controlling the development of right brain qualities as well as other typical male behaviours.

Neuropsychological studies assessing the biological aspects of brain function have shown that homo-



sexual males have a shift in neuropsychological attributes that places them somewhere between heterosexual males and females. This has been confirmed by observational studies that show that homosexual males are less "rough and tough", tend to avoid contact sports (only 11% of homosexual males enjoy sports versus 70% of heterosexual males) and are more likely to engage in more typical female nurturing play as children. Differences between homosexual and heterosexual males is reinforced by neuroanatomical studies of the brain. For example, an area of the brain called the corpus callosum, the main connecting area between the two great hemispheres of the brain appears to be larger in homosexual males than heterosexual males. Other differences, in brain structure exist as well but are beyond the focus of this article.

Of interest, left-handedness is much more common in male homosexuals than in the general male population, suggesting that in some homosexuals at least, there is either mixed or shifted dominance. This means the left hemisphere is more involved with language functions, although the right hemisphere also plays a role, and overall this is more like the left brain organization seen in females.

This means that the average homosexual male probably has a more efficient brain in terms of hemispheric communication, and has both left and right brain strengths or attributes. The average male homosexual has the more specialized attributes of a right brain which is less efficient. The average female heterosexual has a more efficient brain that is less specialized with strong left brain attributes. Although there is less study in this area, the right and left brain advantage is probably also true for female homosexuals.

What are the characteristics that make females different from males, and are likely to be at least to some degree characteristic of homosexual males? Females are more intuitive, socially sensitive, place a greater emphasis on relationships and are more likely to be drawn to individuals with power, and status. Females are more facile with language. They speak at a much earlier age, are much more fluent in verbal communication and acquire new languages more easily. Females problem solve through an intuitive sense rather than by a practical approach. Females tend to be more caring, sensitive, parental, nurturing. They are less territorial in a geographic sense but very defending of family boundaries. They are less explorative in a visuospatial sense and are also less aggressive. This explains why more

females traditionally have become nurses and teachers over the years while more males have become mechanics and builders and alas, have also become soldiers. This is not to suggest that male homosexuals are necessarily feminine in behaviour and in their interests. Homosexual, like heterosexual males fall along a normal distribution curve so that some males may have attributes more characteristic of female brains and others may not. There is only a shift in the direction of such characteristics. For example, a group of lumberjacks may be very 'masculine' or right brained by societal standards, however, the homosexuals amongst them, although appearing very masculine when compared to other groups of males, may have more left or female brain characteristics when compared to the others in that particular group. Such characteristics have biological attributes that in fact are very desirable.

The role of the homosexual in so-called primitive societies reinforces some of these concepts. In traditional Navajo culture (untarnished by Christian attitudes) there is the 'Nadle', a word meaning 'one who is transformed'. These were androgynous males

## KAMENA GALLERY & FRAMES

7510 - 82 ave.

Edm AB 944-9497



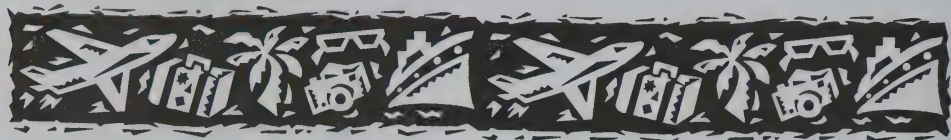
**Complete Custom Picture Framing**  
~ Service at its finest ~

**ORIGINALS / LIMITED EDITION PRINTS /  
POSTERS & more**



# DESTINATION: PALM SPRINGS

by Freddie Marsh - Travel Consultant



Okay, Sonny Bono may no longer be mayor, but there are still plenty of other reasons to visit Palm Springs. Since the beginning of the century the area has attracted scores of movie stars and celebrities to its beautiful climate. In recent years, Palm Springs has also been attracting many gay travellers. In fact, the area has become one of North America's leading gay vacation destinations.

Palm Springs is located in the Coachella Valley, approximately two hours east of Los Angeles. The resort area is actually made up of several small communities; Rancho Mirage, Palm Desert, Indian Wells, Cathedral City, La Quinta, Indio and Palm Springs. The desert setting provides over 350 days of sunshine annually. Daily temperatures in the winter months are balmy, averaging in the mid 20's.

Palm Springs' reputation as a gay holiday destination has grown steadily over the past several years. There are many hotels and guest houses that cater exclusively to the gay

traveller. A favourite pastime in Palm Springs is basking in the warm California sun near a refreshing pool, so when making your reservation check to make sure your hotel has one. Standard hotel accommodation is available, as well as apartment style properties.

Apartments are ideal for stays of a week or longer, and are an excellent way of reducing the cost of dining out, as they feature a fully equipped kitchen. Weekly hotel rates range from \$400.00 US for a basic room to \$1,500.00 US for more deluxe accommodation.

A popular way to visit Palm Springs is with a prearranged package. Packages include return airfare from Edmonton, airport transfers or a rental car and accommodation. Everything is paid for in Canadian dollars before you leave. This is a definite advantage when you consider the current US exchange rate. Packages are generally more economical than arranging each component separately. Unfortunately, none of the major Canadian tour operators offer exclusively gay packages. Rates for prearranged packages start

at \$659.00 per person plus tax based on double occupancy for a one week stay.

Palm Springs offers a large selection of exclusively gay or gay-friendly restaurants. Most of these restaurants can be found in the Cathedral City area. They offer a wide variety of choice, ranging from Californian, French, Italian and Mexican cuisine. A trip to southern California wouldn't be complete without at least one authentic Mexican meal. Don't be afraid to ask the locals for their recommendations.

If night life is what you're looking for, Palm Springs won't disappoint you. From high-energy dance clubs to quiet piano bars, there is something for everyone. Country and Western bars are also popular. There are at least a dozen gay bars and clubs to choose from, most being in the Cathedral City area.

A rental car is recommended in Palm Springs, since the city is spread out and public transportation isn't the best. A car will come in handy when visiting the factory outlet mall



which is about 20 minutes west of Palm Springs in Cabazon. Retailers such as; GAP, J. Crew, Eddie Bauer, Guess and Nike are among many that can be found at this huge discount mall. Prices here are good but if you are going to take a day trip into Los Angeles save your shopping for the Citadel. It is another large factory outlet mall which has many of the same stores as in Cabazon but discounts are even greater. The Citadel is located on Washington Boulevard, just off the Santa Ana Freeway. Rental car rates are reasonable, starting at \$155.00 per week with unlimited mileage.

The Palm Springs Aerial Tramway is worth a visit. It climbs from the desert floor, over Chino Canyon to an altitude of 8,500 feet. From the top there is a spectacular view of the Coachella Valley. You can enjoy the scenery while dining at the restaurant located at the top.

If you're a golfer, you shouldn't have any trouble getting a tee time. Palm Springs has over 80 golf courses to choose from.

Palm Springs is served by several scheduled airlines as well as charters operated by Canadian Holidays and Canada 3000 from Edmonton. The most convenient way to get there is with a charter. Canada 3000 flies Mondays and Thursdays from Edmonton and Canadian Holidays on Saturdays. Both charters stop in Calgary, but no change of aircraft is involved. Total journey time is about 4 hours. Airfare starts at \$348.00 plus tax for a one week duration.

Palm Springs is an excellent holiday destination for gay travellers. Airfares are competitive, hotels are plentiful and the relaxed atmosphere makes it easy to meet other gay tourists from around the world. The fabulous weather, a myriad of activities and exciting night life make this desert city a great winter break. Once you visit, you will understand why Palm Springs has become such a popular gay holiday destination.

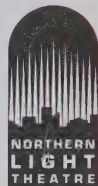
## Northern Light Theatre Presents **2 - 2 - Tango**

by Daniel MacIvor

An Eye/Ear Teasing/Pleasing  
Two - Man - One - Man Show  
about your relationship  
Yes....Yours!

Coming to a Gay Bar near you  
March 29 to April 9

Starring Jeff Haslam  
and John Kirkpatrick  
DD Kuegler  
Director  
Dave Boechler  
Designer



For more information and group bookings  
call Northern Light Theatre 471-1586

On  
the  
Dark



S U N T A N N I N G

**454-6552**

12212 - 107 Avenue  
Edmonton, AB T5M 4A8



# HOROSCOPES

BY David Michael

Astrology based solely on SUN SIGN is bound to apply only vaguely to you personally. You can obtain a FREE personalized horoscope by sending a 4" x 9" self addressed stamped envelope to David Michael's Astrological Services care of this magazine: Box 932, Edmonton, AB. T5J 2L8. Be sure to include, Date, Time, and Place of Birth.

## ♈ Aries

February is a time for resolutions, attempt to put into practice your ideals and dreams. You may feel moved to cooperate with others on community and long-term projects. You want to make your ideals a reality. Until late March you may find yourself re-assessing a creative expression from last fall. Early March your energy may seem exhausted, and you're asked to let go of some things, but by month's end revitalization is evident.

## ♉ Taurus

At long last the pressure of the past few years is lifting. Those born early in this sign may have a few philosophical wrinkles to iron out with others this year. For the rest February brings a heightened practical vision. Your career and public standing are accented. This is a good time to do some personal housecleaning. Throw out the unwanted, get past the surface and down to essentials. In March your ideals are high and you would best work with others toward a practical goal which expresses your strong values. Be open to new ideas from others now.

## ♊ Gemini

February finds you more straight to the point than usual. Challenges from others and the environment begin, this year, to rekindle philosophical or even religious thoughts, as you start on a long journey into new modes of awareness of your life. March is a good time to put in that extra effort in your career. Your clarity of vision is strongest now for practical issues that effect your public image. Be careful that your tongue is not too blunt as you concentrate on essentials.

## ♋ Cancer

February is the time for you to sort what you want to discard from your home. Relationships have recently given you some insights which can now

allow you to transform some aspects of yourself. Valentines day should bring a valued gift in this regard, which you might not recognize immediately. March is a time for expansion. If you can take a trip to new locales or involve yourself in some other type of exploration, then your growth is less likely to be on your waistline.

## ♌ Leo

Relationship issues are to the fore in February. Valentine's day is more romantic than usual this year. For you singles, still looking, this is a great time to be out and meeting others. The month's essence is sharing. March could bring with it a strong pressure to clean up. There is power now to practically transform many aspects of yourself if you heed your dreams. Avoid escapism in any form as it has the potential this year to really trip you up. Drinking and drugs could bring you up against a brick wall.

## ♍ Virgo

The last few months experience needs to be sorted in February. You are prone to complaint now if your mind isn't focused on self improvement. Attend to your health. You will be able to examine things more clearly after the 16th than before. March starts you caring more for others than for yourself, and this is alright as long as your sharing and not just giving yourself away. Imagining slights in late March, or in some other fashion not being clear about your communications within relationships could apply stress. It is short term.

## ♎ Libra

Your creativity is running high in February. You are appreciative of ideas, concepts, and anything mental. Communication of all forms is strong. Romance is in the air. At month's end or the beginning of March however, you can expect the unexpected. Possibly a shattering of some dream state. March brings you back to basics. Now you need to examine yourself and your home base. Your roots need watering and your branches need some grooming before the end of March.

## ♏ Scorpio

February brings a sense of security. You can recognize your limits and move forward aware of the base you have to build upon. You feel stronger now than ever and an urge to be very clear and practical is upon you. You could excel at your work now if you put in the time to do that extra bit. March brings a sense of having really lived and experienced. Perhaps the dawning of an awareness of who you are, a growing



sense of self discovery. Note to those born the last three days of this sign: It's not over yet! This is just a short term lifting of the pressure. 1995 is your hardest year but your best.

#### ♊ Sagittarius

This is your year. February finds you exploring, linking things together, talking, writing, communicating much with others. Travel is featured for the year and if you are planning a long journey, this is a good time to get the ball rolling. It may feel as though your having to sort things out on your own without the support you'd like. March calls you down to your roots. Your base of operations needs attention for your further growth. Independence may seem less crucial now than usual.

#### ♑ Capricorn

This year, ideas, thoughts and communications of all kinds will assume extra importance. February is a time to take stock of the resources you have on hand. You can respond to new things, catch and hold vital ideas, and generally gather materials, finances, or anything else needed to nurture your growth. March is the time to put some thought into all you've pulled in, and begin to put it all together. The first of the

month might bring an unexpected pleasure at work.

#### ♈ Aquarius

New information emerging now captures your attention. It is important that you let go of anything worn out or superficial now. This is the time to turn from the outer world and focus on personal and inner changes. Opportunities for long term goals knock this year but you must prepare yourself. March brings a focus on your financial picture. Limitation is still the keyword for this area of your life in 1995. These limits are teaching you how to use the resources you have more effectively, a good lesson for the future.

#### ♓ Pisces

February is a time to put up with minor inconveniences and irritations for the sake of what is really important in your life. Sacrifices made now will be more than repaid by an increased ability on your part to bring things across and make dreams real. Practicality is the keyword for you in 1995. New Information at the end of February or the first of March catches your whole attention for March, focusing you on personal and inner changes.

## WHAT!!! RENOVATING AGAIN!!! PLUS

FEBRUARY  
Happy Hour  
Mon-Fri - 5 TO 7  
Drink Specials

Pies  
CHEESECAKES  
TORTES

LUNCH All Day

- \* FRESH SANDWICHES MADE TO ORDER
- \* Piping Hot Soup
- \* Quiche & Salads too

NEW  
Coffee & Tea  
SELECTION with  
BEAN & LOOSE  
TEA SALES

## Coming Soon !!! FRESH JUICE BAR

NEW HOURS 11 AM TO MIDNIGHT ALL WEEK  
**BOYSTOWN CAFE GALLERY**  
10116 - 124 STREET 488-6636  
If you're NOT HERE why be ANYWHERE ELSE



# WOW, I'M BACK Part II

by Jim Brown

Sept. 24.1994 7:00 P.M.

My niece, Joanna, jumps on me and my sister, Debbie, hugs me. I'm still vibrating from my close call with Customs. I've crossed that border a hundred times and never been stopped or questioned until today....the one time I'm doing something wrong. We are going straight to the hospital to visit my nephew, as he's had an eye injury while I was away. My family has already made arrangements for Beth (not her real name) to meet us at the hospital and then follow us home to administer my first treatment. I'm really caught off guard by the swiftness of all this and am feeling a little panicked. I need some time to prepare myself for this and want to make some phone calls. I've gone through hell and experienced fear and anxiety like nothing I've experienced before. I've spent over four thousand dollars and now I'm afraid to use this stuff. I don't even know what this stuff is...or what it might do to me. Beth is a nurse and has agreed to do my injections. I don't want her to know I'm nervous or she may have second thoughts herself.

At the hospital, all attention is on Glenn and that gives me some time to unwind and think things out. I'm able to come up with several reasons to wait until tomorrow evening to start treatments, I need to prepare myself. I need to call a few people...what if this stuff kills me....GOD WHAT IF THIS STUFF REALLY DOES KILL ME ????

11:45 P.M.

I'm lying in bed...glad I was able to put off my first treatment. I hate this....I wish I'd never

heard of this stuff. I'm so tired of the stress and anxiety. I don't know what to do anymore. What if this stuff is dangerous...what if the clinic was just another scam like the rest of that place. Fuck this all seems so unfair right now....WHY ME???WHY ME???

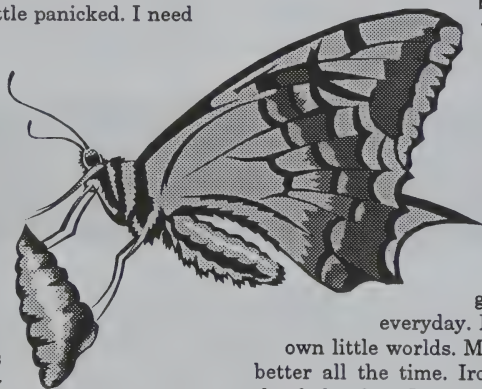
Sept. 25,1994 8:P.M.

My nephew Glenn is home from the hospital, I'm really glad he's here. At the moment I feel a special bond with him...I'm not sure why, perhaps its because he's been in the hospital for a week. I'm terrified of being in the hospital...of being ill...of

being dependent. I don't think I'm afraid of dying....its more that I've really started to enjoy life the last few years I don't want to stop. During a discussion at Boystown one day, someone said the world was getting worse and worse all the time. I disagreed and said I thought the world was getting a little better

everyday. I guess we all live in our own little worlds. My world has been getting better all the time. Ironically, I have AIDS to thank for that. It was my wake up call to get it together....life will end...god that was such a shock...LIFE WILL END.

My brother-in-law, Pierre is playing with my car keys and I sense he's feeling a little stressed. Glenn is spinning a dime on the table. The clinking of the dime and the keys are really getting on my nerves. Cathy is babbling away to Beth and I haven't got a clue what about. Cathy looks at me for a reaction to whatever she has said and realizes I'm on another planet. I feel like everyone's talking at once. My head is spinning and I feel disoriented, confused and almost dizzy. I'm desperately trying



(Cont'd on page 34)



# Are There Advantages ( Part II)

(Cont'd from page 9)

of that society that is they had male and female qualities. Navajo families who had a child who behaved androgynously (have some female attributes) were considered to be very fortunate and felt that their success and fortune was assured. Most if not all of these androgynous children were homosexual. As adults, they became 'Nadle', were regarded as being sacred and holy and were given great respect. In other primitive societies, androgynous men were referred to as Berdache by early explorers. They were often regarded as shamans or sacred people. The Winktes (meaning half woman half man in the Dakota language), of an Indian tribe in South Dakota were healers, spending their time helping others, visiting and comforting the ill and the elderly. The Cheyenne berdache were regarded as noted and valued matchmakers. In Hawaii and Tahiti, androgynous males were and still are called Mahu, and in Samoa, they are called fa'afafine. In these cultures, such individuals take care of the elderly and the sick. The Nadle of the Navajo tribe were also regarded as being great with children, being very adept at parenting and nurturing. The berdache of most primitive societies often became parents through adoption of orphans, or aided other parents in the care of their children. Berdache were highly productive at both women's and men's work and became renowned at being cooks, producing handicrafts as well as having a good business or management sense. The berdache (read homosexual males) were also well known for being hard workers, productive, intelligent and sensitive. Likewise, the mythical Amazons (read female homosexuals) of Greek legend were admired for their skills in hunting and fighting as well as being leaders. Most of these societies recognized that the berdache and the Amazons (a term applied to very masculine females that were seen in these societies) were homosexual. However, this was not an issue. Sexuality was seen as a gift from the spirit world, whereas the social behaviours of the berdache were regarded as an asset. This is in sharp contrast to the Western 'civilized' world where homosexuality is condemned by the Church and by society in general! The Navajo's joy of having an androgynous child (homosexual) is in sharp contrast to the pain, anguish and rejection of most Western families when they learn that one of their offspring is homosexual!

Therefore, in being a homosexual male (as compared to a heterosexual male) means likely having many characteristics that in fact, are very positive and advantageous. It probably means having a brain that is organized in a way that allows for greater facility with words and language and overall efficiency in terms of transfer of information from one hemisphere to the other. It likely means being more intuitive, being more sensitive, and being more aware of others feelings. It likely means being less aggressive in terms of territory, less dominating, but more protective of family and kin (or significant others). It likely means being more nurturing and caring, being more adept at looking after children and being more concerned about the sick, weak and elderly. All of these traits or characteristics, of course, are strengths. It means that homosexual males may have the best of both worlds with well defined visuospatial abilities characteristic of most heterosexual males, but also have well defined verbal/language skills, intuition, sensitivity, creativity and nurturing abilities! This is probably also true for homosexual females who have the attributes of most heterosexual females, but also have better defined visuospatial abilities.

(Cont'd on page 27)

**Boucher**  
Personal  
Computer  
Services

"To meet your personal  
computing needs"

We provide "Personalized"  
and "Confidential" Services  
Call for an appointment.

Boucher & Boucher  
Personal Computing Services  
Box #2, 9903 - 104 Street  
Edmonton, AB T5K 0E4  
Phone: 426-1247

**1994 INCOME TAX with  
"EFILE" (electronic filing available)  
30 dollars and up**

**Present this Ad for a 10% discount**  
Offer expires March 31, 1995



# HIV/AIDS AND YOUR WORKPLACE EXPERIENCE

by Bill MacDonald

## The Workplace Experience Survey

Have you had an experience related to HIV/AIDS in a working situation? We are conducting a survey to gather first hand information about how organizations respond to someone being HIV+ or having AIDS. If you are a person living with HIV, or have experienced a workplace situation involving someone living with HIV, we would appreciate knowing what happened. Whether or not you are currently working, or have changed jobs, your contribution will be valuable.

A six page questionnaire is available to be filled out anonymously. If you wish to give a more detailed account of your experience, you can be personally interviewed (if you provide your name and a telephone number where you can be reached on the questionnaire). We wish to hear from individuals in the Edmonton area in particular, but your experience from anywhere will be valuable.

If you would like to complete a questionnaire, please call Bill or Rebecca at the AIDS in the Workplace Project, 488-5742, to have a survey sent to you. Your information will be summarized. We will not identify anyone, and will ensure specific statements do not mention individual or company names.

## The AIDS in the Workplace Project

This project operates out of the AIDS Network of Edmonton. The mandate is to provide a resource to the Edmonton business community in particular, and to other organizations as appropriate. Education, policy advice, and

information about HIV/AIDS and the workplace is available. The project encourages companies to be proactive, ensuring appropriate HIV/AIDS policies are in place, and employees understand the nature of the disease. HIV+ individuals participate in all aspects of the project. Health care professionals, representatives of companies, unions, the City of Edmonton, and volunteers are also involved.

Members of the Workplace Project will soon be approaching companies in Edmonton to promote the project and encourage employee education and development of an HIV/AIDS policy. If you can suggest an organization to contact, and in particular, a specific senior manager to approach, we would appreciate hearing from you.

## Workplace Issues

Considerable fear still exists about HIV and AIDS. The disease has only been in the public's awareness for about 15 years, and many people still do not know very much about it. They have an ungrounded fear about being around someone with the disease. The media still reports cases where this fear has caused considerable hardship for infected individuals. Of course, there are instances where infected individuals have not been discriminated against.

Over 90% of people living with HIV are between 20 and 60 years old, and many of them are in the workforce. Consequently, they are going to experience situations that bring them into close contact with fellow employees. Because of the

(Cont'd on page 30)





LYON'S  EMPIRE INC.

**HOT**

10121-121 Street, Edmonton, Alberta T6A 1A6 or 4040 SW, Calgary

# RÉFÉRENDUM

---

Les gais détiennent la balance des votes référendaires

Par Alain Bouchard

J'entends souvent dire-et je l'ai moi-même dit souvent-que les gais et lesbiennes sont gagnés d'avance au gouvernement péquiste actuellement au pouvoir. Et les explications se trouveraient dans le fait que le P.Q. fut le premier parti au pouvoir à s'opposer concrètement à la discrimination anti-gaie, en votant (en décembre 1977) une loi à cet effet.

Qui plus est, le P.Q. en août 1993, s'est officiellement engagé, dans son programme, à nous accorder des droits égaux aux hétérosexuels dans le domaine, notamment, des avantages et des bénéfices sociaux. Et il n'y aurait, semble-t-il, qu'un autre petit pas à franchir pour qu'on reconnaisse le couple gai et lesbien... si nous nous décidions, en bloc, à mettre plus de pression sur le gouvernement actuel.

Comment, dans ce contexte, les gais et lesbiennes pourraient-ils être contre la vertu, contre la reconnaissance de leurs droits, en votant, par exemple, pour le Parti Libéral de Daniel Johnson? Et pourtant, il s'en trouve encore, un peu plus rêveurs ou attentistes, peut-être, pour espérer que ces gens défendent nos intérêts de gais et de lesbiennes. Déjà, en 1975, Jérôme Choquette, alors ministre de la Justice (libéral), s'était opposé à ce que la Charte nous protège contre la discrimination. Quant à Bourassa et à Johnson, savent-ils même que nous existons?

Même si je pense qu'une bonne majorité

de gais et de lesbiennes (francophones) trouvent le gouvernement péquiste sympathique, je ne jurerais pourtant pas de leur conscientisation politique à 100%. Même si nous appuyons fortement le candidats péquistes, de nombreux gais et lesbiennes n'ont pas encore fait le lien entre la politique à l'échelle électorale et la Politique dans son sens social, la Politique qui assure à tous les citoyen-ne-s d'une société un traitement de plus en plus égalitaire.

Ce qui a pour conséquence que bien des gais votent pour le P.Q. lors de élections, mais il n'est pas certain qu'une majorité (francophone à tout le moins) votera OUI au référendum. D'une part, probablement parce que le P.Q. n'a pas du tout pris le temps de réitérer ouvertement ses engagements de 1993 envers nous. Le peuple a la mémoire courte, il faut lui rappeler constamment, même s'il est gai.

En outre, monsieur Parizeau est même allé à contre-courant en affirmant, pendant la dernière campagne électorale, dans le comté de Réjean Thomas, que l'ensemble des Québécois n'était pas prêt à reconnaître nos droits, ce qui est contredit par tous les sondages récents. De peur de s'annihiler une partie des électeurs plutôt conservateurs, le P.Q. n'a même pas cherché à atténuer les propos de monsieur Parizeau.

Avec la solide caution fournie par le rapport *De l'illégalité à l'égalité* de la Commission des droits de la personne du Québec le 1<sup>er</sup> juin



1994, le gouvernement péquiste n'aurait plus, en quelque sorte, qu'à «sanctionner» l'esprit de ce rapport en invoquant par ailleurs qu'il est le résultat de la consultation populaire d'un organisme indépendant du gouvernement.

Le gouvernement actuel pourrait donc, dès maintenant, voter une loi uniformisant nos droits à ceux des autres citoyens (hétérosexuels). On pourrait d'ailleurs commencer par certains régimes d'avantages sociaux où le gouvernement fédéral ne fourre pas son nez. Je pense également à l'article 137 de la Charte, qui officialise certaines formes de discrimination.

Pourquoi les gais et lesbiennes devraient-ils être une préoccupation prioritaire pour le gouvernement péquiste? Très simple. Je dirais qu'à la rigueur, nous détenons «la balance» des votes au prochain référendum. Nous avons autant sinon plus de poids que le beau Mario.

En regardant les résultats des élections de septembre 1994, on constate que la répartition des votes s'est faite en grande partie de façon «linguistique», pour ne pas dire «ethnique». Les francophones ont majoritairement appuyé le P.Q., les autres le P.L.Q. Et il en va à peu près ainsi quand on regarde la répartition des OUI et des NON dans les sondages sur la souveraineté, cette idée étant étroitement associée au Parti Québécois.

Et c'est ici que les gais et les lesbiennes interviennent. Si le gouvernement péquiste adoptait, officiellement et avant le référendum, la stratégie de nous reconnaître plus de droits qu'actuellement (sans nécessairement convertir cette reconnaissance en lois concrètes d'ici le

(Cont'd on page 37)

**A**  
**BLACK**  
**WHITE**

*Evening*

A Benefit Gala for the  
AIDS Network of Edmonton Society.

7PM SUNDAY, FEBRUARY 19 1995

COMMERCE PLACE (USE 101 STREET ENTRANCE)

LIVE ENTERTAINMENT ■ DANCING ■ CASH BAR  
HORS D'OEUVRES BY THE WESTIN HOTEL

**SILENT AUCTION**

LOTS OF EXCITEMENT AS YOU BID ON  
FABULOUS ART, JEWELLERY, WEARABLES,  
DINING AND LEISURE PACKAGES  
CHEQUES ■ VISA ■ MASTERCARD

**TICKETS: \$20 EACH**

TICKETMASTER CHARGE-BY-PHONE 451-8000  
OR AIDS NETWORK: PHONE 488-5742  
(11456 JASPER AVENUE)

**ATTIRE**

DRESS IN YOUR  
MOST CREATIVE BLACK AND WHITE

Lend your hand to this vital cause. The AIDS Network of Edmonton Society uses proceeds to provide care and support to people, and their families, living with HIV/AIDS as well as preventive education programs to help limit its spread.



AIDS Network of  
Edmonton Society



COMMERCE PLACE  
Jasper Avenue at 101 & 102 Streets



THE WESTIN HOTEL  
Edmonton

# LETTERS

Dear Editor,

I was touched by an article featured in your publication regarding "Teen/Gay" suicide(s). It has taken me a very long time to address this letter to you and your group of people I would like to call friends. Part of the delay has been that I was not sure what an appropriate context to convey my story in relation to what you have already said so graciously well.

To begin with ... suicide can happen at any age. I tried it twice last January. The patterns are the same; i.e. withdrawal, depression, activities out of character, not to mention the problems often associated with "Sexual Orientation". My situation is at best, different, I never worried about staying in the "Closet", I was always there. When I was "OUTED" by the RCMP as a direct result of the activities of a certain FRIEND(sic), it can be very trying to explain to people in a community as well as various family, what you have become(?), when you are not sure yourself. I was simply preoccupied with work, looking for work, shallow relationships, and some medical problems (not AIDS).

Living in Lloydminster has its merits and its drawbacks as well. At one time, not so long ago, I had quality friendships, and all the sex I could handle. The great sex was always available, if not in Lloydminster, one of the rural areas. The sex was more or less a recreational activity, not something to be discussed. I had resigned myself to the likelihood that I would never have a bona-fide relationship with a guy. I had really decided life is better, albeit anguished in the closet. Again, I had never dwelled on the subject of SEXUAL ORIENTATION! I tried going to these Big City Clubs and Bars,.... but all I could find there were men trying to be something they're not. Consequently, I usually drank far too much, spent too much money, and only went home more disappointed.

In early 1993, I was introduced to an individual that seemed to push all the right buttons and brought joy to an otherwise dull winter. At that time I was dealing with the suicide of one friend, the SUSPECTED suicide of another, bad relations with family, a bankrupt employer, strained, but functional relations with a few friends. All too often, we were frequently consumed with blessings of alcohol with very few days of sobriety.

The individual that I was involved with I knew

was leading me down a dark path, one that I could not turn back on. He introduced me to a world where both desperation and happiness are embraced. In time I began to forsake most values that I once held dear.

My thoughts paralleled my friends, his evil thoughts became mine. His desires became mine. Judgment is often lacking, especially with the very frequent BEERFESTS, and raucous influences such as "Nirvana" and other strains of music that promote or encourage suicide.

The final parts of this downward spiral occurred just shortly after my friend's arrest. At this point in time, he had made a diligent attempt to take his life while in RCMP custody. A short while later, I made my own botched attempt with a "Hangman's noose". I telephoned a few remaining friends and told these people what I had tried to do. These people were slightly astonished to say the least. I began to examine my self-worth and over examine my life as being gay. My life fell apart in just a brief span of time.

As I began to ponder the next course of action, I talked to a friend and moved in with him. One of the few openly gay people I knew of in the area. I was not getting better, only worse. First and foremost, I did not want to inflict my depression on anymore victims. I was keenly aware of this acceleration of the illness.

So it happened one night... I waited till midnight and after I had consumed about two cases of over-proofed beer (7.2). I grabbed an old revolver and put two shells in the cylinder. I left a note for my sleeping roommate. I then left the apartment and proceeded towards a new residential subdivision being built nearby. At a place that I thought would be quiet so that I may stage my departure from this earth. I sat down and pondered every relationship and friend I ever had. Somewhere around two, I placed the gun to the side of my head and fired. I tried this four more times. I was disappointed that it had not worked. By chance, an RCMP Corporal happened along and intervened, fully aware of what I was attempting to do.

Weeks later, I took one truck to Montreal and took delivery of one of my own. Within three weeks, I had ceased taking any medication and for all intents and purposes, had returned to my former self. I had lost the desire to consume large quantities of alcohol at one sitting. I also began to seek out the Gay Communities. As many large cities have their own customs and protocol, I went to some effort to learn as much as I could in the short spaces of time that was permitted.



Montreal and Quebec City are probably the warmest and friendliest and perhaps the most considerate.

While stuck in Winnipeg for a long weekend, I met a guy that was learning to drive truck. I hired him and took a trip to Ontario. When we arrived in Toronto, I was introduced to what family he had there. When we were out on the town I took him to a gay bar, where he explained that he had been in there once or twice. He also went to great lengths to introduce me to stable gay couples and non-judgmental straight people.

With a sundry variety of other problem arising, I decided to stay closer to home. It truly is not a problem hauling gravel in the area. I was also shocked to say the least, that this fellow had heard I was gay and felt that that was sufficient grounds to hire me on it's own.

While I recovered, another young man took his own life just ten days ago. It would seem that his farewell note said it all too clearly for him "that there was nothing gay about being GAY!" I see a different picture with a new phrase in my life... (chosen family)! I only wish I could tell others before it is too late.

It is hard to explain why someone like me can end up such a mess, especially in my early thirties, university educated, and not too hard on the eyes, and despite some body damage... not in bad shape. Life does get better. I am stronger, let us hope others get there too.

Sincerely yours.

J.F. (John) Nelson

---

Dear Editor:

On Saturday, November 19th, my community bowling team, made up of gays and lesbians and their friends, arrived at your restaurant for our post-bowling dinner. One of our league members had made a reservation with your establishment a week prior for our party of approximately twenty people. We had visited your restaurant on prior occasions and found the atmosphere & food enjoyable.

But, we were in for a very different experience on this particular evening. We sat through an hour and a half for our waiter to take our dinner order. Now, this

was obviously more than inadequate, but our waiter wasn't finished yet. In the midst of taking our orders, the waiter harshly advised us that there would be a \$10 cover charge for each person. I advised him that we had eaten there before without a covercharge and asked him when this policy had been put in place. His response was "Tonight!!". I told him he was a very rude waiter, to which he responded by saying "I am the best and I will not waste my time serving you just salads!" I was quite taken aback by this remark as the orders were varied, and as a large group we spend more than \$10 per person anyway.

I responded to his remark by telling him he was an asshole. One of my teammates suggested that we leave, to which I agreed and thereby advised the waiter that we would not be wasting our time and money in an establishment that treats it's customers so badly. He then advised me of the following "You cannot kill us, we are too good!" On our way out I approached the Manager, but found him to be of the same mind as our waiter. Our league secretary also approached the Manager and asked him why we were not advised of a \$10 cover charge when we booked our reservation the week prior. He claimed they were losing money and stated "Next time we will charge you \$20 a head! I hope this does not stop you from coming back?!"

Needles to say, I and my teammates will not be returning to Theo's Restaurant. The Gay and Lesbian Community of Edmonton and area spends a good deal of income patronizing local restaurants. And we all have family and friend's who support us. No business is so successful that they can afford to alienate a good portion of the public.

Sincerely,  
J. Poirier

c/o Northern Titans International  
Bowling Association of Alberta

# Our Support Groups and Services

## **AIDS Network of Edmonton Society**

The Network retains its original operating philosophy: to provide support and education wherever it can be helpful in north-central Alberta. AIDS Network of Edmonton works cooperatively with all those organizations in Alberta and across the country who are working to help limit the spread of HIV infection. Today the network provides: Education, Info-Line, Speakers Bureau, Resource material and various Support groups. If you wish to know more about the Network call 488-5742

## **Alberta Society for Positive Women**

The society is dedicated to supporting the needs of women with HIV in the province of Alberta. We provide support, education and advocacy to women with HIV. This is provided through our Peer Counselling (488-5768), Support groups (424-6346), Education (488-5742) and Speakers Bureau (488-5742).

## **Alcoholics Anonymous**

A A is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Call 424-5900 for times and places of Gay and Lesbian meetings.

## **Badminton Group**

The group meets on Fridays at Oliver School between 7:30 - 9:30 PM. Use the door at the north entrance to the school. Everyone is welcome and some equipment is available. A small donation of one dollar is appreciated. Contact Frank at 990-1696 for the December and January scheule.

## **Edmonton Prime Timers**

Prime Timers is a social fraternity for older gay and bisexual men and their friends. The purpose of Prime Timers is to provide an opportunity for mature gay men to fraternize and join together in a programme of social activities. If you would like more information drop a line to Edmonton Prime Timers, Suite 1093, 11444 - 119 Street, Edmonton, T5G 2X6.

## **Edmonton Vocal Minority**

We are a group of women and men who join together in a common love for music, and the desire to build a greater spirit of unity and pride in the gay and lesbian community. We strive to bridge the gap which can separate us from the mainstream of society. Persons who wish to sing with the choir should call David at 424-1561. Support members are welcome to join by phoning Lorna at 423-6987.

## **Feather of Hope Aboriginal AIDS Prevention Society**

The Feather of Hope was founded on a need to provide AIDS education and support to Native People in Alberta. Through education and the development of communities in partnership, it is hoped that the spread of AIDS will be lessened. We offer training and education programs, as well as support through traditional ways. Volunteers are very important to us, if you can help, or would simply like some more information call 488-5773

## **Gays and Lesbians on Campus (GALOC)**

GALOC is a university based organization for gays, lesbians and bisexuals interested in an academic atmosphere. Meetings are held every Tuesday at 5:00 pm on campus; main floor of the Athabasca hall. Topics vary from week to week. Additional information is available by calling 988-4166.

## **Gay and Lesbian Community Centre of Edmonton (G.L.C.C.E.)**

The centre contributes to the well-being of Edmonton's gay, lesbian and bisexual community through informational, social support services and its social information line. The services offered by the centre include an information line, telephone referrals, library, drop-in peer support counselling and social activities arranged and sponsored by the centre. Further information is available at 488-3234

## **Gaylines**

A special telephone service is available. The intent of this line is to aid in the forming of a central information net that will aid all walks of life. Messages are outgoing only. The line is setup in a single location that will be permanent and will also be listed in the phone directory. It is free to all Alternative Lifestyles, Support groups, Clubs, Individuals and Businesses. Call 486-9661 to request your mailbox.

## **Gay and Lesbian Awareness (G.A.L.A.)**

We are an organization interested in human rights issues especially related to sexual orientation and changing Federal and Provincial legislation. We are always interested in new members. If you are interested call David Sanders at 487-2684.

## **Illusions Social Club**

A social club for the TV/TS oriented. Our goal is to provide a safe, discrete meeting of kind in safe meeting locations. It's time to come out of the closet. For more information please write to Illusions, Box 33002, Glenwood PO, Edmonton, AB T5P 4V8 or phone (403) 486-9661

## **Imperial Sovereign Court of the Wild Rose**

The mission of the Court is to raise



funds for charities and other organizations which either provide direct services to gay and lesbian individuals. Meetings of the Society are held monthly on the last Wednesday. For meeting location and time please see the Court notice boards in Boots and Saddle or the Roost. You may also call Gaylines at 486-9661 and press box 27.

#### **Interfaith Association on AIDS Edmonton**

The purpose of this association is to sensitize local faith communities and their leaders to the unique spiritual and emotional needs of those infected by HIV/AIDS. The following faith communities are included: Anglican, Baha'i, Baptist, Beth Shalom Synagogue, Lutheran, Metropolitan Community Church, Roman Catholic, Temple Beth Ora, Ukrainian Catholic, Unitarian and United Churches. Phone 448-1768 for more information.

#### **Les-Bi-Gay Darts Club**

This is an informal and social dart club. No previous experience is necessary. We are here to have some fun and meet each other in an open atmosphere. There are no fees. We gather at GLCCE the first Thursday of the month at 7:30 PM. Call 428-8847 or 421-4427.

#### **Liasion Committee, The**

In June of 1993 Edmonton Police Service and the Gay and Lesbian community for med a liasion to promote an atmosphere of understanding and mutual respect. For more info call Edmonton Police Service at 424-7248 (pager 293) or Murray Billet at 482-7421

#### **Lipstick Lesbian Youth Peer Support**

This is an organization intended to allow all femme lesbians and bisexuals the chance to meet and realize that they are not alone. Our goal is not to segregate the lesbian community, but to acknowledge that femmes do exist. This is an opportunity to meet and socialize with other femmes. Please call 988-4836 for more information.

#### **Living Positive**

Emotional. Spiritual and psychological support is available through Living Positive to all those affected by HIV infection. We offer strong, loving, confidential support in. We also meet weekly and share our mutual experiences. Living Positive is entirely directed by and for people who share a common diagnosis of HIV+. Peer counselling, hospital visits and a speakers bureau are also available through our society. Phone 488-5768

#### **Lutherans Concerned: Edmonton**

We are a spiritual community for lesbian, gay, bisexual and straight people. Lutherans Concerned gathers monthly for worship, sharing, and friendship. We offer individual support and a safe space for our own spiritual questions. Call Tim at 426-2533, or write P.O. Box 11095, Edmonton, AB, T5J 3K4

#### **Metropolitan Community Church of Edmonton (M.C.C.)**

We are a local church within the denomination of the Universal Fellowship of Metropolitan Community Churches. Our major focus is to the defranchised of society. The UFMCC allows anyone to feel a part of the Christian Community and to claim our place in God's Universe. Services are open to all. We worship on Sunday evenings and on the first and third Wednesday of the month. Please feel free to join us! Call 429-2321 for more information.

#### **Northern Chaps**

Edmonton's Leather - Fetish club for Gay, Lesbian, and straight men and womyn was established six years ago. We strike to educate the rest of the community through workshops, staged demonstrations and events in order to heighten awareness. Northern chaps meets at Boots & Saddle on the first and third Friday of each month at 9 PM.

#### **Northern Titans**

Northern Titans is the Gay and Lesbian bowling league in Edmonton. You are welcome to join either as a team member or a drop in. Bowling

time is 5:15 every Saturday at at Lynwood Bowl on 16127 - 118 Avenue. There is a \$12.00 charge for shoes and three games. Call Joe 454-1458 or Doug at 488-5421

#### **Pink Triangle Youth of Edmonton (P.T.Y.E.)**

The Pink Triangle Youth Group is a program offered by the Community Centre. The youth group exists so that young people age 16 to 21 - lesbians, gays, bisexuals and those wondering about their sexuality can explore their feelings, meet other young people like themselves. Information is available to all along with fun in a safe, supportive environment. Phone 488-1574 for more information about the Youth Group.

#### **Team Edmonton**

Our goal is to enhance Edmonton's Gay and Lesbian community by facilitating participation in sporting, cultural, and leisure activities at the local, national and international levels. If you would like to be involved with Team Edmonton call 486-9661 Box 16 for more info.

#### **Visions - Unitarian Church of Edmonton**

Gay, Lesbian, Bisexual, Transgender discussion group. We meet the 4th Wednesday of the month. Call UCE at 454-8073 or Anita at 454-1992. Not necessarily Christian.

#### **Womonspace**

The purpose of Womonspace is to foster a positive of Lesbian identity among ourselves and the larger community. We hold dances, produce a newsletter and hold other activities. For information call the Lesbian Life Line at 425-0511.

If you are an Edmonton based Gay or Lesbian Community non-profit, non-pornographic group and wish to be included in this directory send a short description to Times '10 Magazine, Box 932, Edmonton, AB T5J 2L8 or Fax us at 431-1333



## Sound Bites - Gib Adams

Happy New Year music lovers. Being that this is the first issue of Times. 10 for 95 I have assembled two top 10 lists from 1994. Here are my picks for the hits and misses of '94. Watch for the next issue in which a regular music review column of new new releases appears.

### HITS of 1994

**1. Mariah Carey - Music Box (Col)**

Mariah "2 Can Sing As Many Ballads As I Want To". Carey clinches female artist of '94 with this 7 times platinum release. Rating ■■■■□

**2. Janet Jackson - Janet (Virgin)**

The numerous soundbites between tracks are still annoying. However, La Jackson still manages to score with each single and video released. Still, producing Jam and Lewis are the brains behind this success story. Rating ■■■■□

**BIG BOYS**

MAN TO MAN  
WOMEN ADS TOO  
1 ON 1

1-900-451-5373

3.19  
4/MINUTE

**3. Ace of Base - The Sign (Arista)**

Catchy rehearsed dance/pop from Sweden, either one hit wonders or the next Abba. And, 7 million of us fell for it. Rating ■■■■□

**4. M-People - Elegant Slumming (BMG)**

Having scored two excellent club hits - "One Night In Heaven" and "Moving On Up", M-People follow this up with a sold album of great tunes. Rating ■■■■□

**5. Celine Dion - The Colour of My Love (Epic)**

Who needs Laura Branigan when there's Celine? At first, HATED It, but I guess the great voice still overshadows the polish and production here. Rating ■■■■□

**6. The Lion King - Soundtrack (Disney)**

Ok, Elton's got a great song here, but why did everybody run out and buy this? Rating ■■■■□

**7. Ottmar Liebert - Hours Between Night and Day (Epic)**

If you need a change in musical direction, pick this one up. This new age artist combines flamenco guitar with many different musical influences which makes it very pleasing. Rating ■■■■□

**8. Reba McEntire - Read My Mind (Motown)**

Love her or hate her, Reba keeps churning out releases that ride up the charts. Rating ■■■■□

**9. Boyz II Men - II (Motown)**

This marshmallow release (sweet and soft) serves up the ultimate in sweet nothings. "I'll Make Love to You", and the even wimpler "On Bended Knee" could probably be recited word for word by every secretary in Canada. Just what the world needs, Love, sweet love and 4 Black Barry Manilows. Rating ■■■■□

**10. Barbara Striesand - The Concert (Col)**

Understated elegance, a voice like butter and probably the most shrewdly marketed event of '94. The only thing that's raining on her parade is money. Rating nnnn□

### MISSSES 1994

**1. Madonna - Bedtime Stories (WB)**

Love the girl, hate the album. "take a Bow" and "Secret" are as good as it gets. Chop, chop back to the drawing block. Rating ■■■■□



2. C&C Music Factory - Anything Goes (Col)  
Not even close to their successful debut. Martha Wash can't even live up to this dud.  
Rating ■■■□□

3. Donna Summer - Endless Summer (Polygram)  
Poor Donna, she'll probably be 80 and still repackaging her hits. Rating ■■■□□

4. Tammy Wynett - Without Walls (Epic)  
This collection of duets could have been Wynette's pop crossover smash. However, slick production and top performers don't make any of this as much fun as her work with KLF. Rating ■■■□□

5. Sophie B Hawkins - Whaler  
Great material, wonderful voice and a hit single "Right Beside You". The problem is no one is rushing out to buy this. Poor Soph. Rating ■■■■□

6. Sandra Bernhard - Excuses For Bad Behaviour (Epic)  
Nothing here that Ms Bernhard hasn't done to death in concert or on her film "Without You I Am Nothing". Time for new material Sandra. Rating ■■■□□

7. Karyn White - Mkae Him Do Right (WB)  
Bought it, played it and forgot about it. Generic middle of the road R & B, way beneath this singers potential. Rating ■■■□□

8. Shanice - 21 Way to Grow (Motown)  
Another artist with great potential and an excellent vocal range. Unfortunately she comes across as a poor copy of Janet Jackson. I think Shanice needs more time to grow. Rating ■■■□□

9. Jon Secada - Heart, Soul and a Voice (SBK)  
If Secada continues like this he can become the next Micheal Bolton. Perfectly staged (delievered) songs that lack any real emotion. this is the kind of stuff that you can play Vegas with, in any lounge. Rating ■■■□□

10. George Micheal - Please Release Me  
No new album, no releases from his contract with Sony and no end to this battle in sight. At this rate he will be able to cover the Beatle tune "When I'm 64"

#### Ratings

■ ■ ■ ■ ■	YES INDEED
■ ■ ■ ■ □	YES YES
■ ■ ■ □ □	OK
■ ■ □ □ □	NOT REALLY
■ □ □ □ □	NO WAY



Essential Oils  
Body and Bath  
Products to sooth  
The body and  
enlighten the soul

The perfect gift  
of Love



10536 - 124 Street  
(403) 496-9977

## THE OTHER PLACE

Bay 4, 5579 - 47 St.  
Red Deer, AB.  
T4N 1S1

Open at 4pm - daily.  
342-6440

D.J. Friday  
and Saturday

T.O.P.

# What is a Bear?

By Steve Heyl  
International Mr. Bear 1993

Actually, you probably have a good idea what a bear is.

When you hear the phrase "a bear of a man", what comes to mind?  
Grizzly Adams? Arn Anderson? "Bear" Bryant?

What's common to them?

Generally, they are larger men.

Generally, they are bearded.

Generally, they are rugged looking.

In gay terms, bears are men that possess qualities like those.

If there is a bear stereotype, it is a big, bearded, hairy man.

But bear is about more than physical types. Generally, bears are unconcerned with fashion or anything that smacks of trendiness.

In a word, bears are comfortable. Comfortable with themselves, comfortable with their lives.

Bears come in all shapes, sizes, and colors. They range from smooth to extremely hairy. But the laid back attitude is common to all.

Bears often grow beards; it helps them identify each other. Bear beards are often a touch longer or more unruly than the beards of their non-bear counterparts.

The bear movement sprang from several sources, but one of the major influences was the leather world. Consequently, you will often find bears sporting piercings or tattoos. Some bears are into heavy scenes, others are pure vanilla, but you will generally find bears engage in less role-playing than their leather brethren.

Bears are often characterized as heavy. One of the influences of the bear movement was certainly the big men's clubs, but it is more accurate to say that bears tend to be unconcerned about their weight. Again, bears range from very thin to very heavy, but the common thread is one of being

comfortable with their weight. If that means eschewing the popular media images of young, thin, and blonde, so be it. Bears tend to be less concerned with their weight than most other groups of gay men.

Many bears are involved in computer networks. Computer networks were a major influence in the creation of the bear movement. There are still many electronic forums for bears. But you don't have to have a computer to be a bear, and as the movement has grown, it has encompassed many bears who are not computer types.

Bears tend to be gregarious. When you go to a bear gathering, you will generally find people giving hugs all around. You will notice a lot of touching. This is another common thread among bears. Just relax and enjoy it!

## Are you a bear?

It has been said that the word "bear" strikes a chord in some men the way "faerie" strikes a chord in others. The answer to the question "Are you a bear?" is simply "You are if you think you are". Any answer that takes more explanation than that would be rather un-bear.

What do bears do? Bears in different areas do different things. Bears in many cities form clubs based on their common interests. In one city, bears go camping a lot. In another city, bears do lots of charity fundraising. In another city, the focus is on "bear hugs" or safe sex parties. This diversity is one of the great things about going to bear events in different cities.

Above all, bears are funloving creatures, so come on and join the fun!

## YOU ARE IN BEAR COUNTRY!

Bear Country Alberta is a social organization for hairy men and their admirers serving the Province of Alberta.

Our goal is to provide social activities and functions for bears in a positive environment. Having replaced the "Albearta Club", we formed in October and need members!

We've already held a few small but successful events in 1994, for example: In November we

(Cont'd on page 31)



## Are there Advantages ( Part II )

(Cont'd from page 15)

In addition to all of this, the experience of being homosexual in this society means enduring the experience of prejudice and of being stigmatized. It means emerging from childhood and adolescence, and preserving a sense of self in spite of the many negative messages given out about homosexuality. To survive means developing a strong inner strength, and a strong sense of self. It means developing strong bonds and loyalties to others who are the same. This experience also allows for a greater empathy and sensitivity to others who belong to other minority groups. It also allows for a greater sense of tolerance and acceptance of everyone in society regardless of their differences.

To conclude, to be born homosexual is the result of biological forces, in other words, "the hand that one is dealt". It becomes a reason for complete acceptance of self while being proudly aware of the attributes and advantages that this brings. It is the knowledge that attributes that others may deride or downplay, in fact in the larger scheme of things, are actually distinct advantages. It becomes a reason to celebrate the diversification and richness of human behaviour.

The author is aware that this discussion focuses mostly on male homosexuality. There is a great deal of information available in the area of female homosexuality, but this is not explored to limit the extent of the article.

What would the world be like if all generals were homosexual (in fact some great ones were), and if women were in all the positions of political power!

If anyone wishes to read further on the topics touched upon in this article, the following books are recommended:

Ford C, Beach F. Patterns of Sexual Behaviour, 1951, New York, Harper

Williams Walter J. The Spirit and the Flesh. Sexual Diversity in American Indian Culture, 1986, Beacon, Boston

Williams Walter J. Javanese Lives; Women and Men in Modern Indonesian Society, 1991, New Brunswick, N.J. Rutgers University Press

Wright Robert. The Moral Animal. Why We Are the Way We Are: The New Science of Evolutionary Psychology. Pantheon Books, New York, 1994.

*little sister's*  
Book &  
Art Emporium

Your  
Lesbian & Gay  
Bookstore

Open Daily 10am to 11pm

**BOOKS BY MAIL**  
To Order Any Book  
Or  
Our Mail Order Catalogue  
**CALL TOLL FREE 1-800-567-1662**

1221 Thurlow St., Vancouver, B.C.  
Tel: (604) 669-1753 or Fax: (604) 685-0252

### THE FRONT PAGE

NEWSPAPERS & MAGAZINES

Featuring Edmonton's Largest  
Collection of Gay and Lesbian  
Periodicals:

Over 2000 Titles in Stock!  
Adult Titles, Advocate, Angles,  
Christopher Street, Times .10,  
Deneuve, Frontiers, Gay Times,  
Genre, On Our Backs, Out,  
Clue, Lezzie Smut, Ten Percent,  
Urban Fitness, Xtra West,  
Poz, Transformation, Roundup  
Our World

10846 - Jasper Avenue  
426-1206

M.T.W.F. 8:30 am - 7 pm  
Thurs 8:30 am - 8 pm  
Sat 9:30 - 7 pm

# Right Behaviour

(Cont'd from page 5)

required, embarrassment, and financial expense;

■ perceive a stimulus or "cue to action": either internal, for example, the perception of an uncomfortable bodily state; or external, for example, mass media campaigns, newspaper articles, or personal knowledge of someone affected by the disease.

The perception of threat and the occurrence of a cue to action, which raises awareness of feelings of threat, lead to the decision to act. The direction that action takes is influenced by beliefs about the relative availability and effectiveness of alternatives for reducing the threat, which, in turn, are influenced by social norms.

## States of Change

In the early 1980's, James Prochaska and Carlo DiClemente outlined several fundamental stages through which individuals typically progress when making behavioral changes: precontemplation, contemplation, action, and maintenance of change. During the precontemplation stage, people are unaware—because they are uninformed or in denial—of having a problem in need of change, even though others may perceive the problem.

In the next stage, contemplators are seriously thinking about but not committed to changing their behavior. They tend to be relatively open to feedback and education about the problem behavior. The contemplation stage ends at the point that a commitment to change is made.

Progression through the stages is cyclical rather than linear. People will often revert to an earlier stage, which is then repeated. Relapse is seen as leading back to either the contemplation stage, from which the individual may again attempt to change, or to the precontemplation stage, during which the individual succeeds in avoiding, at least temporarily, having to think about the behavior as a problem.

People utilize different processes of change during the various stages. In the contemplation stage, for example, the processes include information seeking and evaluation of one's behavior. In the action and maintenance stages, processes include changing the environment to build in supports for new behaviors and to minimize risk-associated stimuli, and developing new responses to these stimuli.

## Applying the Theories

These theories suggest several reasons why sexual relapse might occur and guidelines for how to minimize the risk of its occurrence. First, as suggested by the Health Belief Model, people may relapse because they no longer perceive unsafe sex as a significant problem. As suggested by the Stages of Change theory, behavior change may naturally involve back-and-forth movement among stages, including repeated reentry into the precontemplation stage of unawareness. Alternately, people may initially change behavior from unsafe to safer sex as a result of external pressure, and prior to a firm internal commitment to safer sex; once the external pressure diminishes, the behavior change breaks down. A third explanation, using Marlatt's model, is that people fail to perceive unsafe sex as a problem because of the psychological denial they employ to avoid anxiety.

HIV-infected people, in particular, may relapse because they question the legitimacy of warnings against the dangers of "reinfection" by HIV. Others may be unaware of the seriousness of the risk to their immune systems of other diseases that can be contracted through unsafe sex.

Successful prevention efforts should first establish whether the target audience is fully aware of the dangers of unsafe sex before proceeding with information about prevention strategies. For those who are not yet committed to avoiding unsafe sex, educators might direct efforts at mobilizing interest in exploring whether a problem really exists. For those who are misinformed or uninformed, providing information about risk is critical.

Second, as suggested by the Health Belief Model and Social Cognitive Theory, people may relapse because they are not convinced that safer



sex adequately reduces the chances of infection. Specifically, they may question whether condoms are truly effective barriers against transmission. They may have heard stories about condoms breaking, or about people becoming infected presumably without having participated in unsafe sex or other high-risk activities. Again, supplying clear and credible information—in this case, about the effectiveness of condoms—would seem critical.

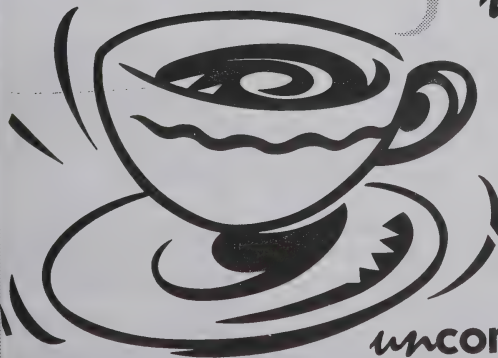
Third, people may relapse because, as the Health Belief Model further suggests, they do not feel convinced that the health benefits of safer sex outweigh the effort required to avoid unsafe sex. As Marlatt points out, those who experience day-to-day life as full of demands may reach a point where they no longer feel motivated to pursue long-term goals—in this case, health and longevity—that involve depriving themselves of short-term pleasure or relief. Or, they may not feel they have the internal strength and resources needed for prolonged efforts avoiding unsafe sex.

This may be particularly true of many who are feeling the effects of loss and grief. Help in coping with extreme stress, depression, and loss may be necessary before these individuals can feel renewed commitment to safer sex.

Fourth, according to Social Cognitive Theory and Marlatt, people may relapse because they do not have, or do not feel they have, the necessary skills to avoid unsafe sex in all situations. This may result from insufficient trial-and-error learning. People may lack skill or confidence in using condoms or in having satisfying forms of safer sex that do not require condoms. They may also lack the skill or confidence required to effectively deal with various situations that can easily lead to unsafe sex. These include negotiating or talking about safer sex with partners; insisting on safer sex; coping with stress related to social anxiety; and responding to social or internal pressures to

(Cont'd on page 30)

*just for*  
**coffee**  
*too.*



For lunches,  
dinner, snacks,  
desserts or  
just for coffee  
stop by and try  
something new  
in the community

*Common*  
*& Ground*  
10203-116 st.

*uncommonly good*

## Right Behaviour

(Cont'd from page 29)

drink or use drugs in conjunction with sex.

Finally, according to Marlatt, people who relapse may lack the awareness or resolve to break the chain of events that tends to lead to high-risk situations. For example, a man may be unable to stop himself from going to a bar to find a sex partner, despite the fact that he knows that this will lead to the pressure to drink heavily, the likelihood that he will become intoxicated, and the heightened risk that he will engage in unsafe sex as a result. Furthermore, they may lack the ability to see failures or setbacks as normal parts of the learning process, leaving them unable to rebound when slips do occur.

### Conclusion

These theories suggest that behavior change interventions must go beyond providing prevention information and limited practice with condoms. Educators must make efforts to identify additional areas in which target audiences lack skills, including negotiating safer sex and avoiding situations in which sex and mind-altering substances are mixed. They must help people acquire skills and achieve mastery, provide practice in coping with mistakes, and prepare individuals for the possibility that lapses may occur. Finally, for those not ready to commit to avoiding unsafe sex, supplying basic information may be ineffective without efforts to address the reluctance to change.

### References

Bandura A. "Self-efficacy: Toward a unifying theory of behavior change," *Psychological Review* 1977;84:191-215.

Bandura A. "Social Foundations of Thought and Action: A Social Cognitive Theory." Englewood Cliffs, NJ: Prentice Hall, 1986.

## AIDS/HIV & Your Workplace

(Cont'd from page 16)

Illness, they may have to deal with their supervisor or other managers to get proper benefits. They need to know their rights, and be prepared for any kind of company response to their situation. What are some of the issues faced in the workplace?

Under federal human rights legislation you cannot be discriminated against for testing positive for HIV or having AIDS. Some protection is also provided under provincial human rights legislation. Decisions on AIDS cases that have gone before human rights commissions or tribunals have generally been favourable to the employee.

A person is entitled to confidentiality about his or her HIV status. An employee has no obligation to disclose this status to an employer. Some health care workers advise positive employees to remain silent about their condition. Anyone advised of the individual's status is also under an obligation to maintain this as confidential information.

Testing for the virus should not be a job requirement or used in job related decisions. The Canadian Human Rights Commission identifies only three situations where testing may be considered, if no other arrangement of duties is possible: for invasive procedures, for travel to a country which bars entry to infected individuals, and where public safety is at stake if the individual works alone.

Employers have an obligation to make reasonable job accommodation for an infected employee. Again, this is covered under human rights. The employee also has an obligation to the employer to recognize when to adjust working conditions, and when to consider disability arrangements.

Individuals will have their own experiences, which may involve other issues than those just mentioned. The workplace survey will give fresh insight into these experiences.

If you wish to obtain more information about this project contact the AIDS Network of Edmonton at 488-5742.



# What is a Bear?

(Cont'd from page 26)

held our first "Bear Night" in Red Deer at The Other Place.

In December at Boots N' Saddle, we had a screening of the 1994 International Mr. Bear Competition from San Francisco. Northern Chaps also hosted us for our second Bear Night in December as we celebrated "A Beary Little Christmas". A weekend that included a visit to the Teddy Bear Display at the Provincial Museum and a Small Bear Party at the Roost where we sang Christmas "Bear-ols" and hugged under the mistletoe, we ended the weekend with a farewell brunch for our Calgary visitors, held at a private residence.

If you want to know more about Bear Country Alberta, you can write us at  
Box #47  
10024 - 82nd Avenue  
Edmonton, Alberta  
T6E 1Z3

You can also get up-to-date recorded information about upcoming bear events (when available) or leave us a message by calling us on Gaylines at 486-9661, Voice Mail Box 5.

Look for announcements in March about upcoming Video Screenings of the 1994 Rocky Mountain Bear Competition taped in Denver Colorado and the 1995 International Mr. Bear Competition from San Francisco!

For a \$25.00 donation to the  
Times .10

Publications Society  
You can have home delivery of

**TIMES .10 MAGAZINE**

( 6 issues )  
(plain brown envelope)

Our Mailing Address is  
Box 932,  
Edmonton, Alberta  
T5J 2L8

A Times .10 Publications Society Production

COME IN AND SEE OUR  
GREAT SELECTION  
OF GAY, LESBIAN,  
BISEXUAL & TRISEXUAL



**SPECIAL**  
**"VIRGIN" GAY TAPES**  
(never rented)  
**\$29.95**

VIDEO SPECIAL ORDER  
& FINDER SERVICE

**2 Day Rentals**  
**All The Time!**

**Fable Video**

706 9 St. S.W.  
O'Neill Tower

**292-0296**

# GMOC UPDATE

Mark Bilko, GMOC Coordinator  
AIDS Network of Edmonton Society

As the rates of HIV infection increase within the heterosexual population, much media attention has been focused on prevention education for women. This is long overdue, and it is unfortunate that it takes new and rising statistics for this to occur. However, more than 80% of those infected with HIV in Alberta are gay and bisexual men, and rarely is this fact even reported, much less portrayed with the tragic overtones reserved for women and children. The implication being, as it has been since this epidemic began, that gay men have brought this on themselves, while others are "innocent victims".

The covert (and overt) homophobia we witness both in the media and in society at large contributes immensely to a lack of self esteem in many gay and bisexual men. Numerous studies have shown that those with low self

esteem are much more likely to engage in risky and self destructive behaviour, such as substance abuse or unsafe sexual activity that exposes one to HIV. Younger men coming to terms with their sexuality are particularly vulnerable to negative messages that attempt to marginalize their identity. Combine this with a belief that AIDS is a condition of an older generation, and we have a situation where the current generation of young gay men are at high risk for HIV infection—the so called "Second Wave". A recent study by the San Francisco Department of Public Health found that fully one-third of gay men currently under 30 years of age will be HIV positive by the time they reach 30.

In order to prevent similar statistics locally, GMOC (Gay Men's Outreach Crew) plans to embark on a poster and outreach campaign during the summer of 1995 which will address the specific needs and concerns of younger gay and bisexual men in our community. Focusing on issues such as visibility, lifestyle affirmation, and safer sexual practices, the goal is not to exclude any sectors of our communities, but rather provide role models and positive visual representation that everyone can benefit from. To this end, support is needed from the community at large in the form of volunteers to help carry out these goals. Our Marketing and Innovations Crew will be responsible for the wording and design of posters, postcards and other materials to be distributed during the campaign. As well, new crew members are needed for one-on-one outreach and discussion within the community encouraging people to take care of both themselves and each other.

A special introductory meeting will be held Wednesday, March 8 at 7:00 pm at the AIDS Network of Edmonton, #201, 11456 Jasper Avenue for all new and interested volunteers willing to help stop the spread of a disease that is preventable. Call Mark at 488 5742 Tuesday through Thursday to sign up and for more information.

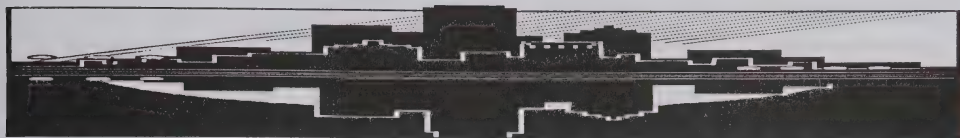
## "Men, Strong & Healthy"

**Workshop for  
HIV+ Gay Men  
Saturday, March 25**

This one day workshop will allow men to join with other men who are HIV+. Through drawing, relaxation, and physical touch, men will have an opportunity to discover themselves and their creative strengths in living with HIV.

**No Cost, Lunch Provided.  
Pre-registration required!  
Phone 488 5742 before March 15.**





## Computing with an Attitude

by J. Long

In my experience, there are two basic types of computer users.

There are those people who do quite well as long as they are using the computer in a routine, comfortable manner. But when problems arise, or when circumstances demand they learn something new, their immediate reaction is one of panic, helplessness and fear. They feel they may accidentally hurt the computer, or delete something important, or just fail miserably.

Then there are those that I call the "explorers". When something new or unexpected comes up, they tend to just take it as it comes. If they don't know a solution, they'll sit and experiment until they find one. They learn new programs and operating systems by trial and error. After a while they get so good at trial and error that people watching them think they just knew the answer in the first place. These are the computer users that people tend to label as "whizzes".

People aren't one type or the other. Rather they tend to fall somewhere in between, most often tending towards one end of the scale or the other. So what makes some people one type and other people the other? Is it the number of computer classes they've attended? Their education? Age? All these things might have something to do with it, but in my personal experience, the most vital factor in determining how a person deals with a computer is...ATTITUDE.

If you're one of those nervous computer users, a change in attitude will do more to help your computing than a fistful of computer classes. What follows are some thoughts which will help you shift your attitude and make you a more comfortable person at the keyboard.

1. Computers are extremely dumb machines. They are not intelligent  
(Cont'd on page 43)

**photogenus** inc.

67 McCauly Plaza  
10025 Jasper Avenue  
[403] 421 4333

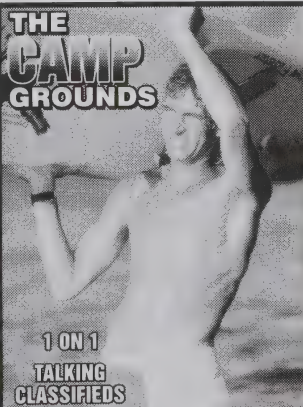
**PHOTOFINISHING**  
in one hour

- custom framing
- passport photos
- direct copy prints
- copy negatives
- B&W processing
- enlargements
- photocopying
- laminating

**DISCRETION  
ASSURED**

**\$1.00 OFF** color film  
processing WITH THIS AD.

**THE  
CAMP  
GROUNDS**



1 ON 1

**TALKING  
CLASSIFIEDS**

**CANADA'S GAY  
CONNECTION SERVICE**

Instant "HOOK-UPS"  
For Gay  
Men and Women

24 Hours • Up To 96 Callers On-Line

1-900-  
**451-5685**

**\$2.49**  
/MINUTE

ADULTS ONLY (18+) TRIJOR INC.

## Wow I'm Back Part II

(Cont'd from page 14)

to hide my panicked state. Beth is getting the vials and needles ready. The injections start small and gradually increase to .5cc's. Suddenly Beth asks if I'm ready...I'm not. Every muscle in my body is tense and pulling...I feel like one big knot. I quickly write out a release for her just in case something happens...I wouldn't want her in any trouble. At the same time I make it clear to everyone present that if anything happens to tell everyone that I injected myself.

Beth ties off my upper arm and cleans my inner elbow with alcohol. At this moment I'm sure no one is breathing...she inserts the needle and draws back to make sure she's in a vein. Its a very slow injection...you must take 45 seconds to inject. Everyone is watching the clock and nothing is said, except Cathy....20 seconds.....30 seconds....40 seconds....45 seconds.

The needle is withdrawn and I hold some cotton on my elbow to stop the bleeding. Everyone's breathing again but, little is being said. Thoughts seem to be echoing in my head and I still feel disoriented. I decide to attempt

I've never prayed to  
God to take away my  
AIDS, I used to pray  
to die of something  
else

some humor to break the tension, so I point to the wall, above Glenn's head, and say "look spiders". No one really laughed...there was a shallow, almost polite, laugh but, it was heavily laced with a nervous edginess. For the first time I saw fear and pain in Cathy's eyes. I'd always been so sure my family was in denial ...when Lenora went off in search of a treatment, I thought it was her way of denial. Cathy's

"positive talk only" policy accompanied with a quick shake of her fist and "you'll beat this" and Debbie will ask a quick question and change the topic just as quickly. They're all just as terrified as I am....They're going to lose their brother. For the first time since I told my family I had AIDS, I saw no denial in their eyes...it was replaced with fear and pain....God it hurt to see their pain. At that moment I wanted to apologize for being positive...I wanted to apologize for putting them through this....I wanted to apologize for what is to come....Having to watch their brother, uncle and friend deteriorate and die. Somehow, somewhere inside I felt good even though it hurt to see their pain...I felt the overwhelming love....the source of their pain. Perhaps they're not in denial...maybe I've just interpreted their positive front as denial.

I used to get really angry with my family, I always felt like they never wanted to talk to me about AIDS. I would get angry after going for blood counts and they wouldn't know or forget to ask. I remember the first time my counts dropped. I freaked, I guess I was in my own denial that this would never happen. On that occasion I called my family in Calgary to yell and screamm I was dying and nobody seemed to be paying attention. At the sound of Debbie's voice answering the phone, all I could do was cry. I was so full of anger that I was going through this alone and it really pissed me off that I had to call and ask for a little attention...yet all I could do was cry...I guess I know their fear and pain, and can't blame them for their silence. Over the next few days they all called and even came up to visit me...except dad. Dad didn't call for two weeks...that crushed me...You know he wasn't there for me when I was a child....why do I expect him to be there now!!!

Anyway we decide to play some cards and pass some time while we wait for any side affects. None ever really developed, other than a rush of adrenaline that keeps me awake to 5 A.M.

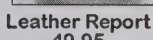
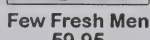
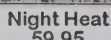
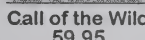
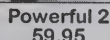
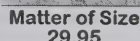
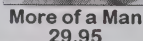
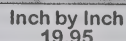
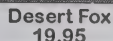
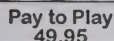
Sept. 29, 1994 9 A.M.

Today will be my second shot. I'm going to try to give it to myself. Blaine(a friend) will help. I'm feeling less nervous about it this time...fewer people and I'm still alive after the first one. We're

(Cont'd on page 40)



## A New Adult Video Concept



## Rent or Buy

10121 - 124 Street, Edmonton, 488-6915  
940A - 11th Ave SW, Calgary 228-0818

**Lyon's Empire Inc., 10121-124 Street NW, Edmonton, AB, T5N 1P5**  
**Phone (403) 488-6915 Fax (403) 488-6927**

Name _____ Address _____ City _____ Prov _____ Postal Code _____ Tel (____) _____		<b>VHS ONLY</b> Item Title _____ _____ _____ _____ _____		Price _____ _____ _____ _____
I WANT TO PAY BY <div> <input type="checkbox"/> NO PERSONAL CHEQUE           <input type="checkbox"/> CERTIFIED CHEQUE           <input type="checkbox"/> VISA           <input type="checkbox"/> MONEY ORDER           <input type="checkbox"/> MASTERCARD         </div>		Shipping 1 to 3 Videos \$6.00 \$1.00 for each additional video		
Card Number _____ Exp _____ Signature _____ <i>I am 18 years old or more</i>		Shipping Charges Sub-Total are Taxable Add 7% GST <div>TOTAL</div>		

# Let's Encourage Michael Phair

Michael is now making up his mind as to whether he will run for a second term as an Edmonton City Councillor. We want you to FAX a message to him encouraging him to run a second time.

It is important to let him know that he has our support. Michael has worked long hours for us and everybody in Edmonton. Through him many people have learned that being gay is ok.

Have 5 people sign this letter to Michael and then FAX it to 496-8113.

Michael, we want you to run for a second term of office as an Edmonton Councillor this year.

---

---

---

---

---



# RÉFÉRENDUM

(Cont'd from page 19)

référéndum), il ferait probablement se ranger dans le camp du OUI un pourcentage de «référéndistes» qui contre-balancerait ou neutraliserait en grande partie le vote «linguistique» ou «ethnique» contre le référéndum, vote qui représente grosso modo ce que représentent les gais et les lesbiennes au Québec.

Même le seul fait de nous octroyer plus d'égalité devant les autres citoyens (hétérosexuels) jouerait en faveur de ce gouvernement qui serait perçu comme étant plus humaniste, plus soucieux des droits de ses minorités et des libertés individuelles. Les familles des gais et lesbiennes, nos amies (hétérosexuels) voteront aussi et ne manqueront pas d'être sensibles à des initiatives qui reconnaîtraient clairement notre droit à un traitement plus égalitaire. L'ouverture d'esprit du gouvernement péquiste face aux gais et lesbiennes ne ferait d'ailleurs que souligner l'apport inestimable de nombreux gais et lesbiennes à la vie sociale, économique, culturelle, scientifique et politique du Québec.

Parmi ses stratégies référendaires pour illustrer concrètement ce que sera le Québec qu'il nous proposera, le gouvernement péquiste gagnerait très certainement à octroyer des droits supplémentaires aux gais et aux lesbiennes pour démontrer, précisément, qu'il respecte et entend faire respecter toutes ses minorités.

Jusqu'à maintenant, les gais et lesbiennes restent sous l'impression d'être oubliés dans ce débat de société.

(printed with permission from RG)

## Team Edmonton is Alive and Well

There's more to Team Edmonton than you have thought. Since banding together to support local participants in Gay Games IV, this sport and leisure organization has taken root in our community and continues to grow. The success of Team Edmonton's first endeavour, when Edmonton athletes came home from the Games with 7 medals, convinced the group to stay intact and continue supporting community needs. Making contacts and organizing sport and leisure activities has become a high priority for team Edmonton while it continues its efforts to raise fund for Gay Games V in Amsterdam. Is it worth the effort? Health and recreational activities enhance our lives and Team Edmonton believes the men and womyn in Edmonton's gay community deserve it! Team Edmonton is looking for groups and individuals who would like to get involved in our community. Contact Ladi at 467-0733. Edmonton's gay and lesbian community needs you.

### LIVING POSITIVE

*gratefully acknowledges the  
financial contributions of*

*Rebar,  
Theatre Network  
and  
Guys In Disguise*

*Thank you for giving so much  
support in 1994.*

# Endangered Species

by Josef Berg

It is raining outside my window,  
and my thoughts turn to  
of all things  
dying.

HIV  
a silent bomb ticks relentlessly  
within my body,  
I cannot escape the reality  
of my situation:  
just try to find some comfort  
in the knowlege that others  
are striving to defuse it.  
"God's punishment  
to gays!",  
people are shouting.  
Punishment for what?

I can only speak for myself  
I have punished myself  
with more zeal than any other  
possibly could.  
In trying to conform,  
I have alienated myself from family,  
long-time friends;  
even from myself.  
I have brought children into this  
world,  
married, loved women  
only to abandon them  
to preserve my sanity.

I have sought help form friends,  
psychiatrists,  
doctors, clergy,  
and the Almighty Himself,  
and still I gravitate towards the same sex.

Don't talk to me about  
divine retribution,  
for I have heaped untold misery upon  
myself  
devising tortures unspeakable in the hopes  
that I would change  
and conform: to no avail.

Now, that I have come to terms with

myself;  
now that I have found some inner peace,  
and am developing the  
ability to share, give and love,  
I have some mindless virus  
crippling me.

I am gay  
and you snicker  
thinking I got what I deserved.  
You see me as some  
depraved, hedonistic pervert:  
someone to guard your children against;  
to guard yourself against in moments  
of weakness.

I am no different from you.  
my life does not revolve around some  
mindless appendage  
that nature has endowed me with,  
As you, I dream, I feel, I work,  
and I love.  
I struggle everyday in relationships,  
with friends,  
and lovers trying to enrich, to grow;  
to fulfill my dreams and goals.

Yes, I express myself intimately with consenting  
adults of the same sex,  
Not children, or emotionally  
handicapped. What fulfillment would  
there be in that.  
I contribute to the economy,  
I pay taxes to support you  
in your time of need,  
I care for the less fortunate  
I try to help your children avoid the problems I  
am going through, by sharing of my innermost  
self  
So you still think me crippled by  
my gayness,  
You still think I deserve to die?

And what of your children,  
if they discover they have AIDS,  
will you condemn them out-of-hand  
as well: shaking your finger, saying  
"I told you so"

Few of you are perfect;  
how many of you were chaste upon  
choosing your life's mate?  
How many of you have been overwhelmed by  
your  
urges, as old as life itself,  
and secretly, fearfully, found release with  
someone other than your partner?



Most of you have been more lucky  
than wise. Most of you have come away  
from these experiences with nothing more  
than a guilty mind.

Try to remember your own short comings,  
when you deal with me, and your children.

None of the "thou shalt", and  
"thou shalt not" preaching  
will change the fact that human beings, your  
friends,

your children;  
regardless of sexual habits or orientation,  
are falling like flies around you.

HIV is no respecter of race, sex, color,  
or religion.

It will kill you as certainly; as horribly  
as it will me.

It is time that we put our differences aside. It is  
time for drastic and world-wide action.

You cannot dictate morality  
remember your youth

and how you reacted to dictatorship.

Mankind, as with so many other animals  
of this planet, is becoming  
an endangered species.

If we are to survive this catastrophic epidemic  
we must stop sticking our heads  
in the sand. It will not go away by our  
wishing it so.

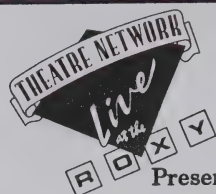
You, the decision makers must allow mankind  
young and old, to protect themselves,  
without being judgemental.

If we are to survive, you must overcome  
your prejudices

and help your children to help themselves,  
and to reassure those already condemned  
that they will not suffer unnecessarily.

We, the informed, who already suffer,  
hold out our hand  
in altruistic supplication.

Do you not think it is time  
to put aside pride  
and judgement?



## O, Saint Expedite

An openasket comedy

by Val Jenkins

Starring  
Patti Stiles

March 1 to March 19

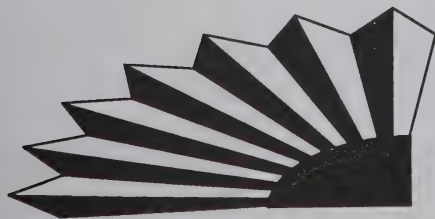
Tickets \$12 and \$15

Theatre Network Live at the Roxy  
10708 - 124 Street, 453-2440

Living Positive Benefit March 1

Tickets \$10 call 488-5768

TIMES .10  
is paid for by people  
who CARE AND  
CONTRIBUTE  
TO OUR  
COMMUNITY.  
PLEASE  
Support THEM



# Wow I'm Back

## Part II

(Cont'd from page 34)

unable to do it...we tried several times and couldn't find the vein. I had to drive all the way to Calgary, so Beth could show me again.

Oct 2,1994

Today I'll try to inject myself again. I'm alone and decide this is best. It takes eight tries but I finally find the vein. Jesus this is so frustrating...I never thought I was capable of sticking a needle in my own arm....fuck life has changed.

Oct. 6,1994

I injected myself again and found the vein on the first try. I have to wear long sleeve shirts right now...my arms are so badly bruised.

Oct.11,1994

I went for blood count today and now I'm sinking into depression. I think part of me is relieved that all I can do now is wait for the results...I've done everything I can do. Yet part of me is scared of the results and I'm so tired of all the stress, the hope, the disappointment. I feel really exhausted by this entire ordeal. I've replayed that scene of the little girl running after me. The patter of her feet catching up and passing me...her turning and standing with feet spread wide apart as if to block my path....and holding out that margarine container. I can't believe this has happened to me....its like some distant nightmare. I pray that God can in some way make her life a little easier. I've never prayed to God to take away my AIDS, I used to pray to die of something else...but not anymore. I don't believe God gave me this disease (contrary to what some religious fanatics would want you to believe) and so I don't

But I encourage  
you to come out  
of the closet....  
people will care...  
its easier if they  
know you.

believe God can take it away. I've always felt some guilt that I knew about AIDS...I'm not from that generation that got AIDS before the science community figured things out. I had seen all the warnings...the t.v. ads....the posters....the magazine articles. After all that I still got AIDS...I feel shame about that...how could I be so stupid?? ALCOHOL, that's how.

Several years ago I started to use alcohol to hide...to appear happy....and I thought build my self esteem. In March of 88 I tested negative for HIV and in March of 89 I tested positive. In that one year I practised unsafe sex on two occasions. On both occasions I was *Very* drunk. Alcohol took away my inhibitions and fears...unfortunately it also took away my common sense. The common sense that said

20 minutes of fun isn't a good trade for a life. Somewhere in my warped thinking I thought I was telling the person how strongly I felt about them if I was willing to practice unsafe sex. As long as people with AIDS have to hide, they will use alcohol and drugs to do so. Wherever alcohol and drugs are being abused, the risk of infection escalates.

I've had a real hard time finishing this article. The medicine didn't work....and I've had a hard time accepting that. I was so full of hope that it would work...So sure in fact, I was willing to do this article. I have no regrets about trying the medicine...or the money I spent. Having AIDS has forced me to deal with many things. The hardest is the rejection...the rednecks....the religious fanatics....the fear....the hate and even the gay community. Not all the gay community...just those that whisper and point. I wrote this article for many reasons. One of those reasons was I hoped to bring AIDS out of the closet in the gay community...to put an end to the whispering and gossip. I'm tired of hiding



and I know it will get harder. When it becomes physically obvious that I have AIDS I don't want to have to stay home in fear of being seen. I want to be able to go out, go to Boystown for a coffee, and visit with my friends.

I was overwhelmed with disappointment when this treatment didn't work...I wrote a suicide note one night. I stayed home for several days. I gave up on living...my hopes had again been shattered. I came up with a suicide plan...I'm not sure what made me hold onto living...I was so depressed. More than anything I wanted to drink....just get roaring drunk....drunk I could pull the trigger. Sometimes I spend hours just staring into space, filled with emptiness. Sometimes all I can think is I'm going to die anyway...things will get worse. I guess the good times outnumber the bad...I'm still here and for the most part...happy.

When I began this article I was full of hope, I thought I'd be bringing great news to everyone. Instead I feel like I've brought disappointment. I wish I could tell you it worked that I will now enjoy a long, normal life and that everything is okay. I can't. I will die, I'm sorry. I hope that some day someone will write a similar article with a much brighter ending. I apologize to those with AIDS that might have read this and built up hope and are now disappointed. But I encourage you to come out of the closet....people will care...its easier if they know you. Next time you wear a red ribbon on your jacket...if you have AIDS, wear two as a sign to others that you have AIDS. If people see that there are others around us with AIDS they will realize they're not immune to this disease. The fear seems to have dissipated, and people are becoming reckless again. I once saw a slogan in Florida that said it all, "NO BALLOON NO PARTY!"



**GAYLINE**

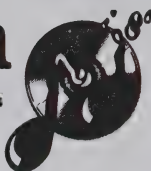
**486-9661**

a central information and voice mailbox service

**info-aria**

**D.J. & Musical  
Production Services**

fashion/aerobic/sound effects  
& theater production taping



**Michael Brennan**  
**465-9357**

**GMOC**

Gay Mens' Outreach Crew

**MAN TO MAN**

**Special meeting for  
new volunteers to help  
us plan our summer poster  
and outreach campaign**

**Wednesday March 8, 7:00 pm  
AIDS Network of Edmonton  
#201, 11456 Jasper Avenue**

Call Mark at 488 5742  
to sign up or for more info.



## **TIMES .10 MARKET PLACE**

Mail to **TIMES .10, MARKETPLACE, BOX 932, EDMONTON, AB, T5J 2L8**

Market Place classified advertising is accepted in the following categories: **Real Estate Agents, Apartments, Houses, Travel Accommodations, Business Opportunities, Employment, Mail Order, Legal, Medical.**

Payment must accompany the advertisement. No abbreviations allowed. Advertising of a sexual nature will not be accepted. All advertising is subject to approval. Services and products are not tested, and appearance of advertising does not imply, nor does it constitute endorsement by Times .10 Magazine.

The following are the published prices for Market Place classified advertising: \$3.00 per line ( 30 characters per line including spaces and punctuation ). Minimum charge of \$12.00. Deadline for copy is the 15th day of the month prior to publication. We publish February, April, June, August, October, December.

### **Concerts**

Edmonton Vocal Minority (EVM) is pleased to announce the second concert of their 94/95 season. Love is in the Air will be taking place on Saturday, February 25 at Convocation Hall on the U of A Campus.

Love is in the Air will be performed under the musical guidance of David Garber. The concert in accordance with the romantic time of the year that Valentine's Day evokes, will consist of special love songs.

Tickets are available at Boystown Cafe & Gallery (10116-124 Street) and Front Page (10846 Jasper Avenue) Prices for advance tickets are \$8.00 for low income and \$10.00 for regular. Tickets at the door are \$12.00.

For more information contact David Hicks at 454-6914

### **House for Sale**

\$350.00 CTM. 8 1/4% Interest. 2 Bedroom Bungalow. \$532.00 / Month. For more info, call Blaine at: 454-1458.

### **House/Office Cleaning**

Free estimates at a reasonable rate. Personal service for home or office cleaning. Many years of experience. References available. Call 425-7391

Will do Cleaning, Errands by appointment. \$10.00 per hour. Call 454-9156

### **Magazines**

Persons from Winnipeg can now keep up-to-date on issues back home by subscribing to The Mag Educator. The Mag is produced monthly by

volunteers from the Winnipeg LesBiGay community. For a subscription send \$20.00 to: The Mag, One - 222 Osborne Street S, Winnipeg, MB, R3L 1Z3

### **Television**

Alternative Lifestyles TV Program developer meeting will be held on February 16 at 7:30 PM, at GLCCE. We want hosts, reporters, guests, set designers, advertisers, etc. No experience necessary. Call Wes at 488-3612 for further information.

### **Travel**

#### **ALGONQUIN TRAVEL**

17303 - Stony Plain Road. Located in WestEnd Superstore. Phone (403) 483-8778 or Fax us at (403) 481-5206 Call us for all your Travel Arrangements. Ask for Ken or Randy.



# Computing with an Attitude

(Cont'd from page 33)

human beings. If you're one of those people that is a little in awe of the sophistication and abilities of the computer, go and unplug it. You'll see how bright and capable the machine really is. It is an inanimate object.

2. Computers DO NOT think. They only do EXACTLY as they are told. If your computer is not doing what you want it to do, it is NOT because you are dumb, but rather because you haven't learned the proper instructions yet. Go and learn the proper instructions, since your poor computer is NOTHING without you.

3. It is extremely difficult to hurt a computer. Some of the know ways of hurting a computer are:

- throwing it across the room
- hitting it with a sledge hammer
- driving your car over it
- shoving it off your desk on to the floor

If you are not doing these kind of things to it, you probably won't hurt it. Turning it on and off definitely does not qualify as one of those hurtful activities.

4. There are ways to hurt the information you have on the computer. For example:

- DON'T go into the windows File Manager and indiscriminately start using your DELETE key.
- DON'T go to a command prompt and type "format c:"
- DON'T go to a command prompt and decide you want to fool around with the FDISK program.
- DON'T turn off the computer when you have programs running.

If you avoid the above situations, and use some common sense with regard to DELETING things, it is quite unlikely you will hurt any of your information.

5. Don't be afraid to experiment. Try new things. Play with different programs and see what they do. Try different menu selections just to see what they do. Don't freeze up — learn by trial and error.

6. If you get yourself in a sticky situation, it is usually okay to turn off the computer and start again. But before you do this, try looking for help. Help is usually found by pressing the 'F1' key.

7. Try to differentiate between poorly written programs and YOUR mistakes. For example, when Windows

locks up with a "General Protection Fault", 9 times out of 10 it's not because of anything you did, but rather because of a poorly written Windows meeting a poorly written program [Uh oh, my biases are showing through here :-].

8. Learn to play games on your computer. There's nothing like doing something relaxing with your computer to help you get relaxed and acquainted with it.

Speaking of GAMES, there are a couple of new shareware DOOM look-a-likes available on the BBS' these days. These are actually pretty good games that tend to build upon the original.

Rise of the Triad. The levels in this game seem to be harder than the ones in the original DOOM. It's taken me three weeks to get to level 6 WITHOUT using cheat keys. It's got some new weapons, and you can do some new things with them. You can shoot up towards the sky or down towards the ground. You can also shoot some of the ornaments that are lying about. The big problem this game will give to most people is that it requires a minimum of 8 megs of RAM to run. Available on my board as ROTT\*.\*.

Heretic. I haven't had a chance to spend much time with this one. This is DOOM in a medieval setting. You've got wands and spells as weapons, rather than the good old machine guns. This one will run in 4 megs of RAM (barely), so most people will be able to try this one out. Available as HERTIC\*.\*.

**TIMES .10  
is paid for by  
PEOPLE WHO CARE  
AND CONTRIBUTE  
TO OUR  
COMMUNITY.  
PLEASE  
Support them**



## LETTERS I'VE WRITTEN....

---

Dear Mom and Dad;

Here it is, time for me to leave home and get out on my own. There are a lot of things I would like to say but never did say. I want to thank you for letting me stay here all these years and doing your best to give me a good start in life. I must tell you that I never did enjoy the guns and drinking at Christmas. It always seemed to take the fun out of that time of year. In fact I began to dread even celebrating Christmas because it always meant a troublesome time for the family. I did enjoy many of the fishing trips and outdoors activities through the years. Most of all, I enjoyed going up to the cottage. It made me very sad when you told me that you had sold it. There are a lot of good memories up there, ones that I will never forget. I did things up there that most kids would only dream of doing. I am glad that I have a few brothers, even though I do not get along with one of them. My youngest brother and I have now become good friends over the years and I enjoy being with him and his family. They always make me feel welcome. My oldest brother and I have now started to talk to each other again. He probably doesn't know how much he means to me. I really do love him the most of all. I know that he is overprotective in a lot of ways. He is a good person at heart. They have a good family and I enjoy being with them whenever I get the chance to do so. Both of you did your best with what you had at the time. I understand that now, and I forgive you for any of the things that made me angry and ashamed. I am getting together with myself these days and beginning to deal with a lot of things that make me the person I am. I have begun to understand that it is okay to be me no matter what I find hidden deep

inside. My feelings are important in my development as a mature adult in society. I have even learned that being a homosexual is alright. I have learned many things about people and myself through this acceptance. I am going to say goodbye now, and hope to see or talk to you as I make my way through this never ending journey called life.

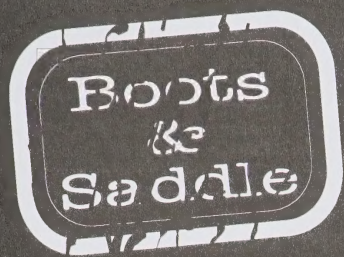
---

Dear Gord;

Please forgive me for not saying a proper goodbye. You meant a lot to me during those times we spent together. You helped me deal with a part of me that I had put on hold deep inside. I enjoyed your love of music because I too have such a love. I can look at the person I was back then and see so many defects in my personality. Many of those have been dealt with over the years and I am a much better person now. I can appreciate some of the things about myself now far better than I could then. I was not growing then and my drinking was bringing out the worst in me. You were a victim of my dysfunctional lies. I have thought about you often over the years and do remember some of the good times we had together. I was busy trying to control you then and make you into something that you did not want to be. You made me feel good and I did enjoy being with you. So goodbye for now, perhaps one day we might meet again. Do not look for the same person, for he has changed. Remember the time you asked me if I was a homosexual and I avoided the answer for fear of losing you. Perhaps the truth would have kept us together rather than have us go our separate ways. I wasn't ready for a relationship then simply because I didn't accept myself. You did give me your love and it was always enjoyable. It was me, I did not know what to do with your love and companionship.

TIMES . 10 welcomes expression of opinion from its readers. Please keep letters as short as possible. We reserve the right to edit all letters as necessary. Letters must be signed and include the home address and telephone number of the writer. The writers name can be withheld if so requested. Publication of the name or photograph of any person or organization in articles or advertising in TIMES . 10 is not to be construed as any indication of the sexual orientation of such person or organization. All material in this publication is copyrighted and must not be reproduced without permission from TIMES . 10. The only exception to the copyright is the material from NATIONAL AIDS Clearing House which may be duplicated with appropriate credit given.

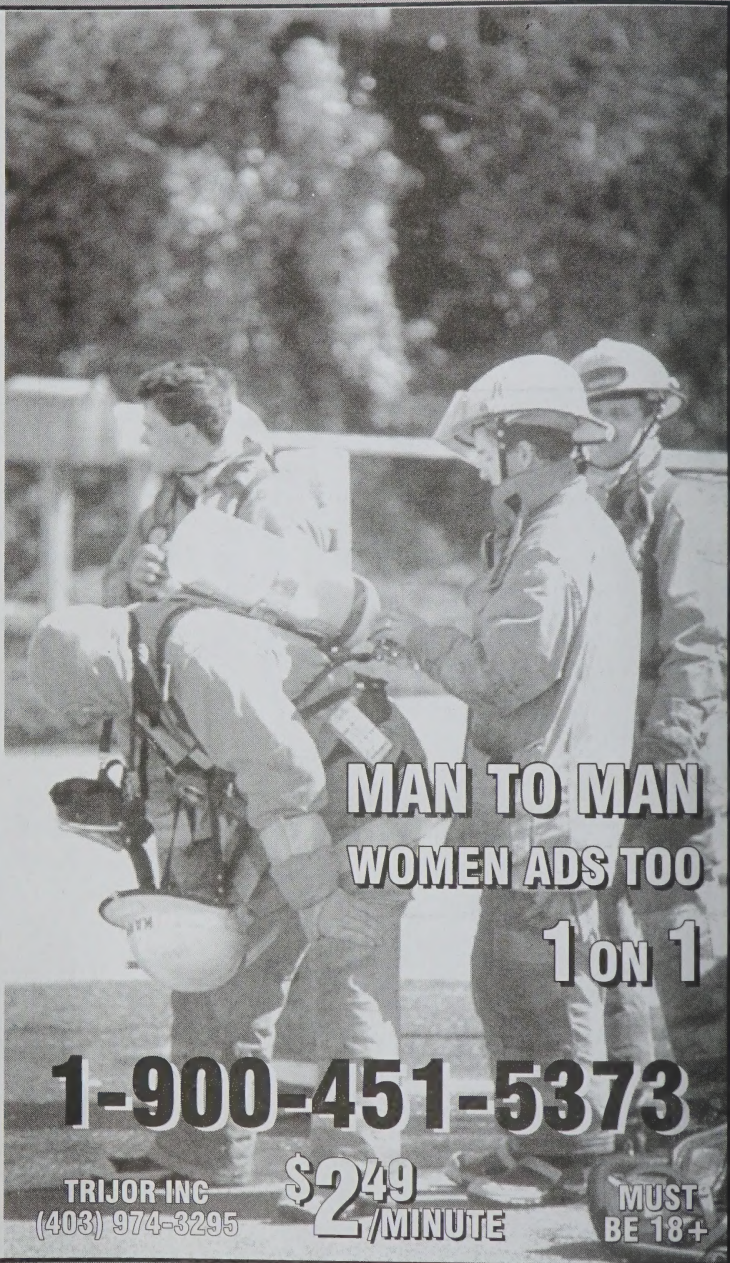




*the* FUN *continues*



# BIG BOYS



**MAN TO MAN  
WOMEN ADS TOO  
1 ON 1**

**1-900-451-5373**

**TRIJOR-INC  
(403) 974-3295**

**\$249  
/MINUTE**

**MUST  
BE 18+**